

Loving life with little ones

toddle

about

S. Warwickshire

FREE

Jan- Mar 2025

BRAND NEW
Children's
Activities

BABY SHOW
11 May 2025
Warwick Hall

Family
Days Out

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INTOLERANCES**
How to support your child

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OFFERS**
worth £100s

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✉ admissions@stratfordprep.co.uk

📍 Church House, Old Town, Stratford-Upon-Avon, CV37 6BG



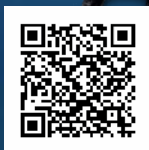
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WELCOME



TO THE NEW YEAR 2025 EDITION!

Happy New Year! We're thrilled to bring you another jam-packed issue filled with inspiration, activities and fantastic offers for families with little ones.

This issue introduces an exciting brand-new feature: a **children's activity sheet** (p. 7) to keep your little ones entertained—perfect for a quiet moment at home or a bit of fun on the go!

Be sure to check out our **Family Events Guide** (p.8) and Daily Activity Planner (p. 28), for all the best local happenings and activities this season. And don't miss the **exclusive offer vouchers** (p. 22), designed to help you make the most of family fun while saving a little extra.

The Toddle About Baby Show Returns

We're also delighted to announce the return of the Toddle About Baby Show, taking place at Warwick Hall on **Sunday, 11th May 2025** from 10am to 2pm. Entry is free when you book online or just £2 at the door. It's a great opportunity to connect with local businesses, discover new products, and enjoy a fun day out with the family.

Thank you for letting Toddle About be a part of your parenting journey. Here's to a wonderful start to 2025!

Enjoy the issue and happy reading!

Loving life with little ones,

Pia OWNER/EDITOR

Learn more at toddle.fun/subscribe

PS. Subscription to Toddle About is just £2 every 3 months and your **first issue is free!** Plus, you get other VIP perks such as automatic entry to exclusive giveaways and freebies. More info at www.toddle.fun/subscribe

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MEET THE TEAM



Pia
Owner/Editor/Advertising Sales



Tim & Ruth
Franchisors

Call us on **01926 266076** or email: pia@toddleabout.co.uk

- [toddleaboutwarwickshire](https://www.toddleaboutwarwickshire.com)
- [toddleaboutwarwickshire](https://www.toddleaboutwarwickshire.com)

Join us on **WhatsApp** for important alerts!
toddle.fun/ta-sw



9,000 copies of Toddle About Warwickshire are distributed every quarter around South Warwickshire, including Warwick, Leamington Spa, Kenilworth, Rugby, Southam, Stratford-upon-Avon and surrounding areas.

Whilst every effort has been made to ensure the information in Toddle About is accurate and correct, we cannot guarantee that this is so and Toddle About cannot and does not accept any liability for loss, damage or problems arising from any errors, omissions or inaccuracies in content, nor from actions taken by readers based on information or opinions presented in advertisements or throughout the magazine. Images and information supplied by 3rd parties have been accepted in good faith and all liability for any legal transgression including breach of copyright remains with the supplying parties.

Toddle About Suffolk & S. Warwickshire, 42 Woodland Close, Risby, Bury St Edmunds, Suffolk, IP28 6QN. Call us on 07748 020141.

New Outdoor Playgroup

A new outdoor playgroup in Stratford upon Avon, has quickly become a favourite among families. Founded by a teacher and child psychologist, Muddy Munchkins offers young children the chance to explore, learn and play in a natural environment. Its sessions focus on outdoor play, fostering connections with nature and encouraging physical activity. Muddy Munchkins has quickly become a cherished spot for parents and children alike.



To find out more visit <https://linktr.ee/muddymunchkinsplaygroup> P.32



Exciting Two New French Classes

BilinguaSing is launching 2 brand-new French family classes in Rugby and Banbury this January! Perfect for babies, toddlers, and pre-schoolers, these mixed-age sessions will run on Tuesdays in Rugby and Thursdays in Banbury. Come and learn French together through music, sensory play, and movement. No prior language skills required, as everything is in English. Already a hit across Coventry & Warwickshire. Trial classes can be booked online now!

Visit www.bilinguasing.com/find-a-class/ P.36



Drama Tots are Award Winning

Drama Tots have won the award for Most Loved Party Entertainer at the prestigious What's on 4 Kids awards. Drama Tots parties are perfect for children aged 2-5yrs old. They are fast paced and interactive and packed full of imaginative play, music, movement and props to keep your little ones engaged and entertained. They have a huge choice of themes, including favourites such as dinosaurs, superheroes, unicorns and princesses and knights.

Get in touch today to find out more via www.dramatots.co.uk P.9

Celebrate with a Naming Ceremony

Naming ceremonies are a lovely way to welcome your baby into the world. It's a special moment to share their name with family and friends. Parents create a unique ceremony and there's no age limit, so older siblings can join in too! It's a heartfelt opportunity for parents to make promises of love and support. You can also choose Guide Parents or Godparents to make their own promises. A certificate can be signed to remember the day. **Save 5% with code TODDLEABOUT25.**



Contact Vickie at 07481 502847 or email hello@alwayswithlove.uk P.12

20% Off Nanny Placement Fee

Put your Trust in Tinies for your childcare solutions. With 49 years of experience in providing top-notch childcare



services, Tinies understand the unique needs of families and offer personalised solutions to fit your lifestyle. From nannies and babysitters to mother's helpers and bespoke creches, Tinies comprehensive range of services is designed to give you peace of mind and flexibility.

Get 20% off your nanny placement fee.

Visit www.tinies.com P.12

Good News for Coffee Lovers

Two passionate coffee enthusiasts from Leamington Spa are transforming the local coffee scene with Kuppso, a new app designed to create a thriving coffee community. Just launched in Leamington and Warwick, Kuppso encourages coffee lovers to choose independent coffee shops over big chains. Subscribers can enjoy unbeatable prices on amazing, barista-made coffee at carefully selected partner locations. The goal? Reward locals with incredible coffee while supporting hard-working independents, helping build a more connected coffee community.



Download their app to try Kuppso for free. [P.12](#)

Tiny Toes Ballet launches in Rugby

Tiny Toes Ballet Warwickshire offers award-winning classes for children from wobbly walkers to age 7. With their unique holistic approach, they teach the essential techniques of ballet through imaginative themes and storytelling. Classes are in Coventry, Leamington Spa and Rugby and provide a nurturing environment where little ones can express themselves, thrive and grow in confidence. **2 week trial class for new customers.**



Visit www.tinytoesballet.co.uk/warwickshire [P.41](#)

Super Popular Sensory Classes

Due to high demand, The Zoogie Boogie Club is expanding its already busy timetable to add even MORE super-soothing, magical and multi award-winning Sensory Star Gazer (8wks – 8mths) classes. Explore a feast of colourful, musical and beautifully stimulating activities that are perfectly designed to introduce your baby to their new and exciting world! Book in for their new class on Tuesdays at 11:45am starting on the 9th January 2025.

Call 01926 954979 or email contact@zoogieboogie.co.uk to book a free taster today. [P.44](#)



Upcoming Nearly New Sales

Grab a bargain at one of the upcoming mum2mum markets:

Rugby: Sat 25th January & 22nd March, 2-4pm at Cawston Community Hall, CV22 7GU.

Binley: Sat 8th February & 15th March, 11am-1pm at Ernsford Grange Academy, CV3 2QD.

Nuneaton: Sat 1st February, 10am-12pm at Lower Farm Academy, CV10 0FG.

Entry is £2 per adult and kids go free.

Contact jenny@mum2mummarket.co.uk or visit www.mum2mummarket.co.uk



Spring into Rhythm Time!

Rhythm Time music classes are now taking bookings for their spring term starting in January. Join a class in Coventry Rugby, Leamington, Kenilworth and Tiddington. Two



new venues in Binley Woods and Brandon Marsh. Classes are suitable for babies to pre school for a fun musical time for the whole family. Grandparents, nannies, carers and childminders are all welcome to join the musical fun. **First class free when joining monthly scheme.**

Visit www.rhythmtime.net/location-finder [P.23](#)

Midwife-owned nursery shop based in Leamington Spa

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WINTER SCAVENGER HUNT!

LET'S EXPLORE THE WONDERS OF WINTER!
CAN YOU FIND ALL THESE TREASURES?



A pair of gloves or mittens

Can you find ones with patterns?



A snowflake decoration

Is it on a window, a toy, or in a book?



A fallen leaf

Is it soft or crunchy?



A brown bird

Is it on the ground or flying high?



An animal print

Look carefully, what animal might it be?



A stick shaped like a letter

Which letter will you find?



A pinecone or conker

It might be hiding under a tree.



A puddle to splash in

Don't forget your wellies!



A rainbow

Check after rain or in bubbles!

USE YOUR SENSES:



Something that feels cold

Ice, snow, or even a chilly window!



Something that feels soft

Maybe a cosy blanket or a teddy.



A wintery smell

Pine trees, a candle or baking!



A shadow

One made by you, a tree, or a toy!



A happy sound

Laughter, music, or a story being read!



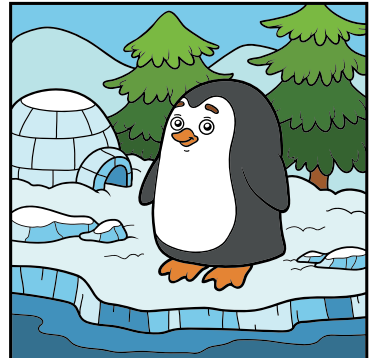
POLAR BEAR PEEKABOO!

WE'VE HIDDEN
THIS FRIENDLY
LITTLE POLAR BEAR
THROUGHOUT
THE MAGAZINE!
**CAN YOU COUNT
HOW MANY TIMES
HE APPEARS?**



PENGUIN PUZZLER!

SPOT THE DIFFERENCE!
FIND 5 DIFFERENCES!



FAMILY Days Out

8 & 22 JAN
12 FEB
12 MAR

STAY 'N' PLAY VISITING ACTIVITIES

Little Crackers Nursery, from 10.30am

This Spring Term enjoy Rhythm Time, Zumbinis, and the beloved Forest Fun every Wednesday. Little Crackers Stay 'n' Play is where parents and children come together to play, learn and make memories.

Little Crackers Nursery, Kenilworth, CV8 2FT

www.littlecrackers.co.uk

Cost: Only £1.50 if you quote 'Toddle About'

JAN
8,15,22,29

MINI MUSEUM ENGINEERS PLAY

Coventry Transport Museum, from 10.30am

Get stuck into creative problem-solving and let your imagination loose in an open-ended play environment, with different themes each week.

Coventry Transport Museum, Coventry, CV1 1JD

www.transport-museum.com

Cost: From £15 entry

FEB
15-23

FESTIVAL OF ARCHERY

Warwick Castle, 10am - 4pm

The castle's expert archers put their skills to the test in a series of exhilarating performances as bows bend and arrows soar right in front of your eyes.

Warwick Castle, Warwick, CV34 6AU

www.warwick-castle.com

Cost: From £22 entry

FEB
17

TEENY TINY DEN BUILDING

Brandon Marsh, 11.15am - 12.15pm

Why should den building be just for the older kids?! Head out and help make dens for teddies and maybe even a toddler or two.

Brandon Marsh, Coventry, CV3 3GW

www.warwickshirewildlifetrust.org.uk

Cost: £6 per child



FEB
15-23

RAINFOREST REALM

Stratford Butterfly Farm, 10am - 5pm

Discover Rainforest Realm, a new exhibition featuring a magnificent spectacled caiman. Meet the Mini-Beast handling, Butterfly Life-cycle, Pupae and Beetle demos will be held daily at 11am.

Stratford-upon-Avon Butterfly Farm, CV37 7LS

www.butterflyfarm.co.uk

Cost: £9.95 per adult, £8.60 per child, under 3's go free

FEB
17

PIRATES LOVE UNDERPANTS

Warwick Arts Centre, 2.30pm - 3.30pm

Join our swashbuckling party of pirates on their quest to find the fabled Pants of Gold for the Captain's Treasure chest!

Warwick Arts Centre, University of Warwick, CV4 7AL

www.warwickartscentre.co.uk

Cost: £17 per adult, £15 per child, £3 per toddler

FEB
15-23

HALF TERM HISTORY MAKERS

Kenilworth Castle, 10am - 4pm

Join characters from the past for heritage-inspired hijinks and hands-on shenanigans at Kenilworth Castle this half term.

Kenilworth Castle, Kenilworth, CV8 1NG

www.english-heritage.org.uk

Cost: £14 per adult, £8.50 per child. EH members go free.

until FEB
23

MICROWORLD COVENTRY

Herbert Art Gallery, 10am - 3.15pm

An immersive art space filled with digital creatures that respond to the audience in a variety of ways. Microworld is designed for all ages.

Herbert Art Gallery & Museum, Coventry, CV1 5QP

www.theherbert.org

Cost: £3 for all, under 3's go free

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 IN WARWICKSHIRE!**



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www.dramatots.co.uk



TODDLE MODELS

Baby and Toddler Photo Competition Winner

Thank you to everyone who entered our Autumn Toddle Models competition!

Congratulations to little Lottie who won tickets to see **Stick Man at Bloomsbury Theatre in London** with Official London Theatre!

We received so many gorgeous entries - we hope you enjoy looking through them as much as we have and that this gives all our entrants a lovely keepsake.



Lottie, 11 months old

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LONDON
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Find out more at
www.OfficialLondonTheatre.com



Hugo, 13 months old



Jude, 4 years old



Ernest, 11 months old



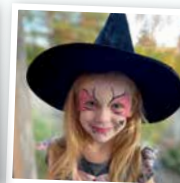
Loughlan, 1 year old



Luca & Valentina,
6 years and 3 years old



Allettie, 3 years old



Amelia, 5 years old



Autumn, 9 months old



Rowan, 3 years old



Maeva & Noah,
3.5 years and 4 months old



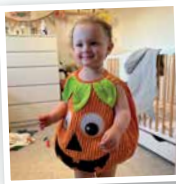
Lola, 5 years old



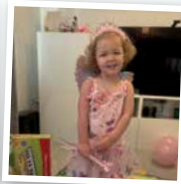
Teddy & Esmée, 5 years and
18th months old



Chester, 2 years 8 months old



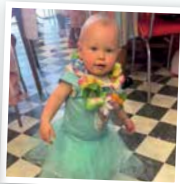
Beatrix, 22 months old



Charlotte, 3 years old



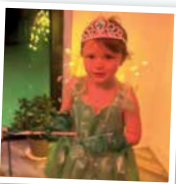
Lennie, 3 years old



Harper, 18 months old



Ayla, 4 years old



Lola, 4 years old



Charlotte, 3 years old

TODDLE MODELS



WIN A £100 LITTLE STARTS GIFT CARD!

THE PRIZE: Win a Little Starts Gift Card, worth £100!

Little Starts Gift Cards are the UK's leading multi-brand gift card especially for baby, toddler and preschool activities. With access to over 20,000 classes and activities from more than 200 trusted brands like **Baby Sensory**, **Water Babies**, **Tumble Tots**, and **babyballet**, these gift cards offer a world of fun and educational opportunities.

Available online and at major retailers such as Sainsbury's, Asda, WHSmith, and Boots, they provide a thoughtful and flexible gift option for any occasion. Whether it's for birthdays, holidays, or just because, a Little Starts Gift Card is the perfect way to create lasting memories for families while enjoying engaging activities tailored for little ones.

Find out more at www.littlestartsgiftcards.com.



HOW TO ENTER:

Send us a photo of your little one enjoying some wintry fun!

We will print as many entries as possible in the next Toddle About magazine to give you a lovely keepsake.

Enter by **Sun 2nd March 2025**.



ENTER AT:

www.toddle.fun/toddlemodels

T&Cs apply - all online at www.toddle.fun/toddlemodels. The winners will be chosen at random.

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BUDDING CRAFTERS BOX, FROM £25.99

The Budding Crafters box is designed for children aged 3-6 or those who prefer simpler crafts. Each monthly box, themed to a new topic, includes three fun, easy-to-follow crafts. Eco-friendly and thoughtfully curated, it's ideal for children with SEN, younger crafters, or older kids seeking less complex activities. Boxes are released on the 1st of each month (order by 19th of the previous month). Perfect for after-school or weekend fun!
Buy from www.littlecraftersboxes.co.uk



ECO RAINCOAT, £36

These sustainable kids' raincoats are made from 26 recycled plastic bottles, saving them from landfill. Waterproof and lined with soft, 100% GOTS-certified organic cotton jersey, they're as comfortable as they are eco-friendly. Available in six limited-edition prints, these stylish jackets complement modern wardrobes—perfect for eco-conscious parents and their little ones.
www.turtledovelondon.com



SPA BABIES GIFT BOX, £55

The hugely popular signature experience box consists of a session gift voucher entitling both parents and baby up to the age of 12 months, a visit to a Spa Babies venue and date of your choice as well as babies very own luxury baby robe. Lovingly presented in a Spa Babies gift box and finished with a ribbon. The ultimate gift for parent and baby.
www.spababies.co.uk



OCOOPA HEATCUBE, £22.95

The Ocoopa HeatCube is a compact, AirPod-sized hand warmer delivering up to 4.5 hours of warmth with three heat settings (up to 50°C). It features a silicone heat strap, touch-control safety alarm, and includes a pouch, USB cable, and two wrist lanyards. Available in Black, Blue, Green, Pink, and Orange on www.berryuseful.co.uk



WORRY YUMMY LUNA, FROM £3.99

Meet Luna, the adventurous worry monster with soft pink fur, a yellow belly with pink stars, and open arms for cuddles. Designed to help children manage worries, these toys are recommended by child psychologists. Kids can write down their worries, feed them to Luna through her zipper mouth, and feel comforted as their troubles "disappear." A fun, practical way to support emotional well-being.
www.worryyummy.co.uk

WIN THIS!

Scan to find out more and enter:



toddle^{about} BABY SHOW

Sun 11 May 2025, 10am - 2pm
Warwick Hall, Warwick, CV34 6PP



The Toddle About Baby Show returns to Warwick Hall!

Our baby & toddler show is set to return for its third year at Warwick Hall on Sunday 11th May 2025. This event will bring together small, local independent businesses and well-known national brands, all celebrating everything from pregnancy to preschool under one roof.

You'll have the chance to meet and learn from children's service providers and parenting experts, and try out and purchase a variety of products. Refreshments and snacks will be available at the onsite café, and there's plenty of free parking.

To make the day extra special, little ones can enjoy **free soft play**, courtesy of Warwickshire Party Hire, and there will be **special guest appearances** from their favourite characters throughout the day.

Visitors can also buy **raffle tickets** for a chance to win fantastic prizes. All proceeds will go to our chosen charity The Ups of Downs. Our **live stage** will feature a jam-packed program with interactive activities of our little visitors as well as demonstrations.



For those looking for **hands-on activities**, we have creative arts and crafts sessions for the kids, sensory play areas, face painting and interactive workshops designed to entertain and educate both parents and children.

Don't miss the opportunity to engage with experts in parenting and child development who will be available for consultations.

The show is **FREE to attend if you book online**, or pay £2 per family at the door.

The first 200 visitors through the door can grab one of our **exclusive goody bags** filled with great treats! Goody bags are limited to one per family.

Join us for a fun-filled, informative, and community-driven event that celebrates the joys of parenting and early childhood.

"Whether you are expecting your first or have a little one in preschool, this event has something for everyone."

Register for **FREE TODAY** via
toddle.fun/babyshowwarks



**FREE
ENTRY IF
YOU BOOK
ONLINE**



SHOW SPONSORS



IN SUPPORT OF



THE UPS OF DOWNS
Celebrating Down syndrome

Valentine's Day Craft

MACRAME HEART



Celebrate Valentine's Day by crafting a beautiful macramé heart with your little ones! A fun, hands-on project to create a heartfelt decoration or gift together.

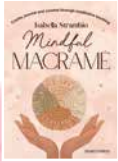
YOU WILL NEED:

- Heart shape frame (metal or wood, available from Hobbycraft)
- Macrame string, single twist type that unravels - in any colour & thickness
- Measuring tape
- Sharp scissors
- Comb or pet brush

TUTORIAL:

1. Cut a piece of string 20 cm long, fold it in half and place it on top of the frame
2. Fold the loop behind the frame, then pull the two strands through the loop.
3. Pull. You have made the Lark's Head Knot.
4. Repeat steps 1-3 with as many strings as you need to cover the frame
5. Brush the strings
6. Trim the fringe (adults only!) To make it easier, use a piece of card 3-4cm high.
7. Brush and trim again if necessary.
8. Take a long piece of string and tie a Lark's Head Knot in the middle of the heart. Tie a simple knot to create a loop to hang the heart.

NOTE: the fringe might flop down with time, especially if it's longer than 3 or 4cm. You can simply brush it to tidy up or you can use spray starch to stiffen it.



Craft courtesy of Isabella Strambio, the author of *Mindful Macramé*, a beautifully illustrated book that combines the art of macramé with the practice of mindfulness and includes 17 projects with breathing exercises and questions to reflect on. Published by Search Press on 10th January.

Sleep Support
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FOOD

HYPERSENSITIVITY

WHAT EVERY PARENT NEEDS TO KNOW ABOUT FOOD ALLERGIES & INTOLERANCES

by Dr. Uche Okorji-Obike



One of the joys of parenting is watching your little one grow and progress through different developmental stages. Among these milestones, introducing solid foods is a particularly exciting time for the whole family. It marks the beginning of your child joining the tradition of shared family meals. For many parents, it's a thrill to imagine their little one enjoying the same meals as they grow and the weaning process progresses.

As exciting as this stage can be, it's natural for parents to have questions or feel daunted, especially when introducing foods known to trigger reactions. These reactions fall under the umbrella term "food hypersensitivity." In this article, I will explore food hypersensitivity, its types, common triggers, symptoms, diagnosis, and common mistakes parents make. I'll also share tips for parents navigating this journey.

WHAT IS FOOD HYPERSENSITIVITY?

Food hypersensitivity refers to an abnormal reaction to food and can be classified into two main types:

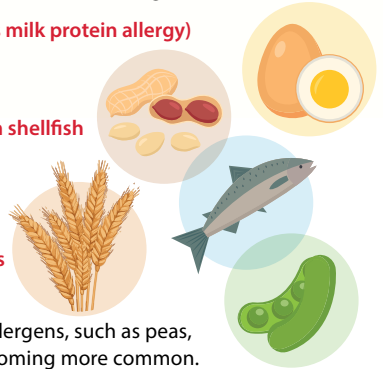
- Food Allergy
- Food Intolerance

While the terms "food allergy" and "food intolerance" are often used interchangeably, they are distinct. A food allergy involves the immune system reacting to a particular food. These reactions can range from mild to severe. Food intolerance, on the other hand, occurs when the body struggles to digest certain foods and does not involve the immune system.

COMMON FOOD ALLERGIES

The most common food allergies include:

- Milk (cow's milk protein allergy)
- Eggs
- Fish
- Crustacean shellfish
- Peanuts
- Tree nuts
- Wheat
- Soya beans
- Sesame



Emerging allergens, such as peas, are also becoming more common.

COMMON FOOD INTOLERANCES

- **Lactose intolerance:** Where the body cannot digest lactose sugar found in milk and dairy. This is the most prevalent form of food intolerance.
- **Gluten:** Found in wheat, rye, and barley
- **Salicylates:** Present in certain fruits, vegetables, herbs, and spices
- **Monosodium Glutamate (MSG):** Found in ripened fruits and cured meats
- **Histamine:** Found in cheese

Processed foods may also trigger intolerances, including additives like caffeine and sulphites, commonly found in drinks and preserved dried fruits.

IDENTIFYING FOOD HYPERSENSITIVITY

Recognising food hypersensitivity can be challenging as symptoms often overlap between allergies and intolerances. Here's a breakdown of common symptoms:

- **Food Allergy Symptoms:** Itchy skin, hives, tummy pain, diarrhoea, nausea or vomiting, dizziness, swelling of the lips, eyes, or face, wheezing, breathlessness, and sneezing.
- **Food Intolerance Symptoms:** Bloating, tummy pain, diarrhoea, and excessive gas.

A trained healthcare professional can distinguish between allergies and intolerances, ensuring your child receives the appropriate care.

DIAGNOSING FOOD HYPERSENSITIVITY

Diagnosis begins with a detailed history and physical examination by a healthcare professional. Depending on the findings, further tests may include:

- **For Food Allergies:** Skin-prick tests, blood tests, or a special elimination diet.
- **For Food Intolerances:** Breath tests (for lactose intolerance), blood tests, or an elimination diet.

Post-diagnosis, a multidisciplinary medical team may be required. This could include a paediatric dietitian, allergist, specialist nurse, or other experts to provide tailored support.

AVOIDING COMMON PITFALLS

Parents often make two key mistakes when dealing with suspected food hypersensitivity:

- **Self-Diagnosis:** It's natural to remove a food item you suspect is causing a reaction, but this may not always be in the child's best interest. A holistic, patient-centred approach is essential for accurate diagnosis and effective management.
- **Relying on Home Test Kits:** Allergy test kits can produce false positives or negatives, and interpreting results without professional guidance may harm the child. Trained professionals consider test results alongside medical history and observations for accurate conclusions.

*Dr. Okorji-Obike is a mother, scientist, and author specialising in inflammation, the underlying mechanism of allergies. Inspired by her daughter's experiences with eczema and allergies, she founded **Tots2Teens Allergies** to support families navigating food hypersensitivity. For more information on food allergies, you can find her book, **Thrive Allergy Free: Journey to a Life Unlimited by Food Allergies**, available on Amazon and in bookstores.*

To learn more about the C.L.E.A.R Framework, visit www.tots2teensallergies.com/clearframework.

Disclaimer: This article is for educational purposes only and is not intended as medical advice. If you suspect your child has a food hypersensitivity, please consult a healthcare professional for diagnosis and treatment.

Removing a suspected food allergen without proper diagnosis can deprive a child of essential nutrients. For example, misdiagnosing lactose intolerance as a milk allergy might lead to unnecessary dietary restrictions. In collaboration with a healthcare professional, parents can ensure their child receives all the nutrients needed for growth and development.

TREATMENT & MANAGEMENT

Treatment options depend on the type and severity of the hypersensitivity. For instance:

- **Allergies:** Cow's milk protein or egg allergies may require temporary elimination followed by reintroduction. Peanut allergies may benefit from oral immunotherapy, which can help desensitise children if they are eligible for this treatment.
- **Intolerances:** Lactose intolerance can be managed with lactose-free alternatives.

It's important to remember that treatment plans vary for each child and should be guided by a healthcare professional.

SUPPORTING DIAGNOSIS & MANAGEMENT

As a parent, you play a vital role in facilitating your child's diagnosis and management. Your observations and insights can greatly assist healthcare professionals in identifying triggers and crafting effective treatment plans.

To help parents navigate this journey, I've developed the C.L.E.A.R Framework:

1. **COMMUNICATION:** Open, clear communication with healthcare professionals is critical for accurate diagnosis and effective management. As parents spend the most time with their children, their observations are invaluable.
2. **LOGICAL APPROACH:** Be systematic in documenting and reporting your child's symptoms and reactions.
3. **EVIDENCE:** Keep a detailed record of your child's symptoms, triggers, and dietary changes.
4. **ACCOUNTABILITY:** Follow through on medical advice and ensure consistency in your approach.
5. **RESOLUTION:** Work collaboratively with healthcare providers to find solutions that support your child's well-being.



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MAKES: 8-10 BARS

These are really simple and a great way to get some extra veg into your baby or toddler's diet.



INGREDIENTS

- Olive oil or butter, to grease
- ½ carrot, peeled & grated
- ½ small apple, peeled & grated
- 2 bananas, mashed
- 1 tbsp smooth, 100% almond butter
- 150g oats

COOKING INSTRUCTIONS

1. Preheat the oven to 200°C. Lightly grease a baking tray.
2. Add all the ingredients to a large bowl and mix together with your hands or a spoon.
3. Press the mixture into the greased baking tray.
4. Bake in the oven for 20 minutes.
5. Leave to cool before cutting into 8-10 bars.



Recipe by Charlotte Stirling-Reed, Sunday Times bestselling author of *How to Wean Your Baby*. Charlotte's new book, *The Ultimate Weaning & Toddler Cookbook*, has 100 recipes to make weaning easy and fun. Out 5th March.



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MUM & ME FITNESS

5.0 ★

I went to Tamsin's classes and they were great. I love them so much I am still online with her 8 years later! Excellent classes - fun and varied. Highly recommended.



Trish H

5.0 ★ LITTLE PAWS BIG MEMORIES



Just pre-ordered my book and can't wait! My little girl is growing so fast don't want to miss a moment. Looking forward to capturing her little hands and feet.

Jenny D

5.0 ★ THE ZOOGIE BOOGIE CLUB



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Michael W

DANDY DEVELOPMENT

5.0 ★

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Emma J

RHYTHM TIME SOUTH WARKS 5.0 ★

My children absolutely love coming to Rhythm Time. Rachel passes the vibe check every week which helps the littles be so comfortable throughout the class.



Shannon S

5.0 ★ BILINGUASING GOV & WARKS



The classes are so much fun and I love the way it's both for the adult and the child to learn something new at the same time. We have learnt so much as a family.

Lizzie D

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WARWICK
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Ally Richmond - Franchisee for Toddle About West Northamptonshire



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Meltdowns VS Tantrums

HOW TO RECOGNISE AND HANDLE YOUR CHILD'S MELTDOWNS

by Laura Dumbleton-Jones



"I remember visiting playgroups with my son when he was little, no one spoke about their child kicking or breaking things. I felt like I was the only one, who felt on edge at the prospect of going on any outings, in case my child erupted over having the wrong type of bread for their sandwich. I felt embarrassed. I now know that many parents experience children having meltdowns and tantrums. You are not alone."
Laura, Kids' Coach and Trainer

Parenting is a rollercoaster ride filled with joy, frustration, and everything in between. One common challenge is dealing with meltdowns. This guide will help you understand the difference between tantrums and meltdowns with tips for calming both you and your child.

UNDERSTANDING MELTDOWNS vs TANTRUMS:

Tantrums: Tantrums are deliberate attempts by a child to get something they want or to avoid something they don't. They often involve crying or throwing themselves on the floor.

Meltdowns: Meltdowns are overwhelming sensory or emotional experiences that young children can't control. They might cry, scream, or lash out due to hunger, tiredness, frustration, or feeling unsafe.

The Key Difference: Meltdowns are involuntary reactions, while tantrums are attempts to control a situation. Recognising this can help you manage your expectations and choose the **most helpful response**.

SPOTTING THE SIGNS:

Meltdowns may seem sudden, and we often hear parents say, "It just came out of nowhere," but there are often warning signs. These can include:

Physical: Increased hunger, thirst, fatigue

Behavioural: Clinginess, withdrawal, irritability

By recognising these signs, you can help prevent meltdowns. Offer healthy snacks, establish routines, and create a calming environment.

CALMING A MELTDOWN:

When a meltdown happens there are lots of things you can do to help a child resolve them:

Show Calm: Children feed off the emotions of those around them, so not joining them in their emotional state can be really impactful. Take deep breaths which will help you to be the calm anchor that they need, and will also show your child how they can access calm.

Reassurance: Let your child know you are there for them and that they are safe. A hug or simply being present can help.

Create a Safe Space: If possible, remove distractions and find a quiet place for your child to access calm.

AFTER THE MELTDOWN:

Talk it Out: Once your child is calm, have a gentle conversation about what happened. Help them identify their triggers and highlight what helped them to access calm

REMEMBER:

Be Kind to Yourself: Parenting can be challenging at times. If you lose your cool, forgive yourself, be ok with saying sorry. Reflect on the situation so you can take a different approach next time.

Seek Help: If meltdowns are frequent or severe, there may be other reasons. For example a child might be neurodivergent e.g. autistic. You can call your GP for support as a first step.



Laura Dumbleton-Jones is the co-founder of *Happy Confident Kids*. For more tips and advice, and to learn about their Meltdown Masterclass, visit happyconfidentkids.com

EXCLUSIVE 25% OFF for *Toddle About* readers to a *Meltdown Workshop* using the code **"TODDLE"**



VIP CLUB READER REVIEW:

MYFIRST CAMERA 3



Written by Sophie Healy, Toddle About Subscriber

The MyFirst Camera 3 is a 16MP digital camera for kids, featuring a selfie lens, Full HD video recording, and a protective sleeve. Choose from Chill Giraffe, Cool Dinosaur, or Cute Kitten designs. Perfect for ages 5-13. £89 from uk.myfirst.tech.

If your little one loves grabbing your phone to take blurry photos, the myFirst Camera 3 is a perfect alternative to channel their creativity. Specifically designed for young kids, it fits smaller hands and features simple menu navigation.

We got this camera for our 5-year-old, who loves taking photos. He was thrilled to have his own camera. The silicone case keeps it safe, and the strap lets him wear it around his neck, reducing the worry of drops. He quickly learned to use the buttons and loved the large screen to view his photos and show them off. The selfie lens and the ability to take both photos and videos were big hits. The quality is

impressive for a child's camera.

We plan to get another one for our other child for Christmas since they both enjoy it so much! With three different designs and colours, there's something for everyone.

The myFirst Camera 3 is perfect for budding photographers, giving them independence without risking your own phone or camera. Its lenses allow detailed close-ups and long-distance shots. Be ready to be photographed often though - my son wants to take his camera everywhere with him!

5 stars from us!



Review has been edited.



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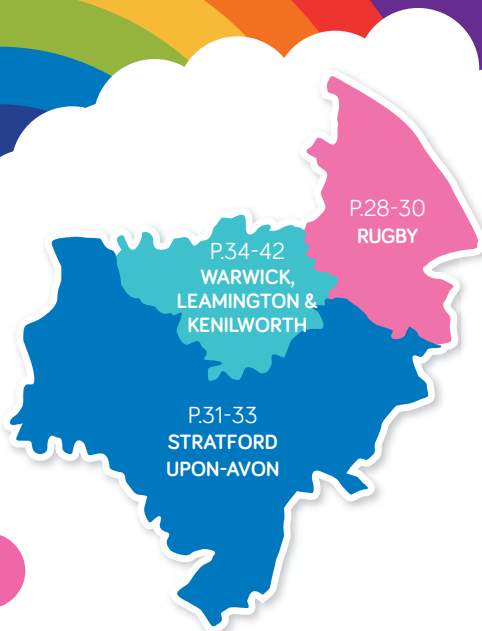
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RUGBY AREA



MONDAY

PARENTS & TOTS

Kilsby Playtime

Kilsby Village Hall, Rugby Road, Kilsby, CV23 8XX. 07780 601052.
Times: 9:45 - 11:45. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (*drop in*).
Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

Noah's Ark Toddler Group

Dunchurch Baptist Church, Coventry Road, Dunchurch, Rugby, CV22 6RF. 07515 472578. www.dunchurchbaptistchurch.org.uk.
Times: 9:30 - 11:00. **Ages:** 0 - 4 yrs.
Cost: £2 per session (*booking essential*).
Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

Rugby Elim Tots

Rugby Elim Church, 46 Cambridge Street, Rugby, CV21 3NQ. www.rugbyelim.org.uk.
Times: 9:45 - 11:30. **Ages:** 0 - 4 yrs.
Cost: £1 per session (*booking essential*).
Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

MUSIC & SIGNING

Dandy Development

Ryton On Dunsmore Village Hall, High Street, Ryton On Dunsmore, Coventry, CV8 3EY. 07890 241301. www.dandydevelopment.co.uk.

- **Stage 1:** 9:55 - 10:30. **Ages:** 7 mths - 1 yrs 1 mths.
- **Stage 2:** 11:00 - 11:40. **Ages:** 1 yrs 2 mths - 2½ yrs.

Cost: £8 per session (*booking essential*).
Dates: 20 Jan - 10 Feb & 24 Feb - 24 Mar.

DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Overslade Community Centre, 68 Buchanan Road, Rugby, CV22 6AZ. 07815961449. www.dramatots.co.uk.

- **Rising Stars:** 9:30 - 10:10. **Ages:** 1½ yrs - 3 yrs.
- **Bright Stars:** 10:30 - 11:15. **Ages:** 3 - 4 yrs.

Cost: £7.50 per session (*booking essential*).
Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796. www.swimworks.co.uk.
Times: 9:30 - 14:30. **Ages:** 0 - 5 yrs.
Cost: £14.50 per session (*booking essential*).
Dates: 6 Jan - 24 Mar.

TUESDAY

PARENTS & TOTS

Ladybirds Stay & Play

Ladybirds (Lighthouse), Long Lawford Methodist Church, School Street, Rugby, CV23 9AT.
Times: 9:30 - 11:00. **Ages:** Pregnancy - 5 yrs.
Cost: £1 per session (*drop in*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants

Binley Woods Village Hall, Rugby Road, Binley Woods, Coventry, CV3 2AX. 07591720345. www.rhythmtime.net.

- **Toddler Class:** 10:00 - 10:30. **Ages:** 1 - 3 yrs.
- **Baby Class:** 10:45 - 11:15. **Ages:** 2 mths - 1 yrs 1 mths.
- **Young Baby Class:** 11:45 - 12:15. **Ages:** 0 - 6 mths.

Cost: £7 per session (*booking essential*). **Dates:** 7 Jan - 25 Mar.

DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Bourton, Draycote and Frankton Village Hall, Frankton Road, Rugby, CV23 9QT. 07815961449. www.dramatots.co.uk.

- **All Stars:** 10:00 - 10:45. **Ages:** 1½ yrs - 4 yrs 11 mths.

Cost: £7.50 per session (*booking essential*).
Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.



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PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GY.
 01327 705915. www.littlekickers.co.uk.

Times: 9:20 - 10:00. **Ages:** 1½ yrs - 2½ yrs.

Times: 10:15 - 11:00. **Ages:** 2½ yrs - 3½ yrs.

Times: 11:15 - 12:00. **Ages:** 3½ yrs - 5 yrs.

Cost: £7.49 per session (*booking essential*).

Dates: 7 Jan - 18 Mar & 7 Jan - 25 Mar.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.
www.swimworks.co.uk.

Times: 10:30 - 15:00. **Ages:** 0 - 5 yrs.

Cost: £14.50 per session (*booking essential*). **Dates:** 7 Jan - 25 Mar.

WEDNESDAY

PARENTS & TOTS

Bilton Evangelical Parent and Toddler Group

Bilton Evangelical Church, Main Street, Bilton, Rugby, CV22 7NQ.
 01788 817326. www.becchurch.org.uk.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (*drop in*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Coffee Break at St Oswald's Church

St Oswald's Church, Lawford Road, New Bilton, Rugby, CV21 2HR.
 01788 330440. www.smso.org.uk.

Times: 9:15 - 10:45. **Ages:** 0 - 4 yrs. **Cost:** £1 per session (*drop in*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.



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St George's Magic Dragon Parent & Toddler Group

St Georges Church Hall, St Johns Avenue Hillmorton, Rugby,
 CV22 5HR. 01788 544630. www.stgeorgesrugby.org.uk.

Times: 13:30 - 15:00. **Ages:** 0 - 4 yrs. **Cost:** £1.50 per session (*drop in*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants

Dunchurch Baptist Church, Coventry Road, Dunchurch, Rugby,
 CV22 6RA. 07591720345. www.rhythmtime.net.

• **Toddler Class:** 9:45 - 10:15 & 10:30 - 11:00. **Ages:** 13 mths - 3 yrs.

• **Baby Class:** 11:20 - 11:50. **Ages:** 2 mths - 13 mths.

Cost: £7.01 per session (*booking essential*). **Dates:** 8 Jan - 26 Mar.

DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Overlade Community Centre, 68 Buchanan Road, Rugby, CV22 6AZ.
 07815961449. www.dramatots.co.uk.

• **Rising Stars:** 9:30 - 10:10. **Ages:** 1½ yrs - 3 yrs.

• **Bright Stars:** 10:30 - 11:15. **Ages:** 3 - 4 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 15 Jan - 12 Feb & 26 Feb - 26 Mar.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.
www.swimworks.co.uk.

Times: 9:30 - 13:30. **Ages:** 0 - 5 yrs.

Cost: £14.50 per session (*booking essential*).

Dates: 8 Jan - 26 Mar.

THURSDAY

PARENTS & TOTS

Noah's Ark Toddler Group

Dunchurch Baptist Church, Coventry Road, Dunchurch, Rugby, CV22 6RF. 07515 472578 . www.dunchurchbaptistchurch.org.uk.

Times: 9:30 - 11:00. **Ages:** 0 - 4 yrs.

Cost: £2 per session (*booking essential*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants

Brandon Marsh Nature Centre, Brandon Lane, Coventry, CV3 3GW. 07591720345. www.rhythmtime.net.

- **Toddler Class:** 10:00 - 10:30. **Ages:** 1 - 3 yrs.

- **Baby Class:** 10:45 - 11:15. **Ages:** 2 mths - 13 mths.

Cost: £7 per session (*booking essential*). **Dates:** 9 Jan - 27 Mar.

DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU. 07815961449. www.dramatots.co.uk.

- **Rising Stars:** 9:30 - 10:15. **Ages:** 1½ yrs - 3 yrs.

- **Bright Stars:** 10:25 - 11:10. **Ages:** 3 - 4 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Rugby High School, Longrood Road, Rugby, CV22 7RE. 01327 705915. www.littlekickers.co.uk.

Times: 17:25 - 18:25. **Ages:** 5 - 7 yrs.

Times: 16:30 - 17:15. **Ages:** 3½ yrs - 5 yrs.

Cost: £7.49 per session (*booking essential*).

Dates: 2 Jan - 20 Mar & 2 Jan - 27 Mar.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.

Times: 9:30 - 14:00. **Ages:** 0 - 5 yrs.

Cost: £14.50 per session (*booking essential*). **Dates:** 9 Jan - 27 Mar.

FRIDAY

MUSIC & SIGNING

Boogie Beansies

Dunchurch Sportsfield & Village Hall, Rugby Road, Dunchurch, Rugby, CV22 6PN. 07766 731542. www.boogiebeansies.com.

Times: 10:00 - 11:00 & 11:20 - 12:20. **Ages:** 0 - 5 yrs.

Cost: £5 per session (*booking essential*).

Dates: 10 Jan - 14 Feb & 28 Feb - 28 Mar.

Rhythm Time Coventry, Rugby and West Northants

Hillmorton Community Centre, Robbins Court, Rugby, CV22 5HQ. 07591720345. www.rhythmtime.net.

- **Young Baby Class:** 0:15 - 1:00. **Ages:** 0 - 6 mths.

- **Toddler Class:** 9:45 - 10:15. **Ages:** 1 - 3 yrs.

- **Baby Class:** 10:30-11:00 & 11:20-11:50. **Ages:** 2 mths - 13 mths.

Cost: £7.01 per session (*booking essential*).

Dates: 10 Jan - 28 Mar.

DANCE & DRAMA

tiny toes ballet warwickshire

The Barn at Houlton, Dollman Rd, Clifton upon Dunsmore, Rugby, CV23 1AL. 07362431151. www.tinytoesballet.co.uk.

- **Twinkle Toes Class:** 9:00 - 9:40. **Ages:** 1½ yrs - 2½ yrs.

- **Talent Toes Class:** 9:50 - 10:30. **Ages:** 2½ yrs - 4 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 10 Jan - 14 Feb.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.

Times: 9:30 - 15:00. **Ages:** 0 - 5 yrs.

Cost: £14.50 per session (*booking essential*). **Dates:** 10 Jan - 28 Mar.

PREGNANCY

The Little Bears Company

Kilsby Village Hall, Rugby Rd, Kilsby, Rugby, CV23 8XX. 07841587850. www.thelittlebearscompany.com.

- **Active Bears:** 10:00 - 11:00. **Ages:** 6 mths - 2 yrs.

- **Baby Bears:** 11:45 - 12:45. **Ages:** 3 mths - walking.

- **Massage Bears:** 13:30 - 14:30. **Ages:** 8 weeks - crawling.

Cost: £11 per session (*booking essential*).

Dates: 10 Jan - 14 Feb.

SATURDAY

MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU. 07591720345. www.rhythmtime.net.

- **Family Session:** 10:00 - 10:45.

Ages: 0 - 5 yrs. **Cost:** £8.25 per session (*booking essential*).

Dates: 18 Jan, 1 Feb, 15 Feb, 8 Mar & 22 Mar - 29 Mar.

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Rugby High School, Longrood Road, Rugby, CV22 7RE. 01327 705915. www.littlekickers.co.uk.

- **Little Kickers:** 8:30 - 9:15 & 11:10 - 11:55. **Ages:** 5 - 7 yrs.

- **Little Kickers:** 10:20 - 11:05. **Ages:** 2½ yrs - 3½ yrs.

- **Little Kickers:** 10:20 - 11:00. **Ages:** 1½ yrs - 2½ yrs.

- **Little Kickers:** 11:10 - 11:55. **Ages:** 3½ yrs - 5 yrs.

Cost: £7.49 per session (*booking essential*).

Dates: 4 Jan - 22 Mar & 4 Jan - 29 Mar.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.

www.swimworks.co.uk.

Times: 9:00 - 12:00. **Ages:** 0 - 5 yrs.

Cost: £14.50 per session (*booking essential*). **Dates:** 11 Jan - 29 Mar.

OTHER

Rugby Mum2Mum Market

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU. www.mum2mummarket.co.uk.

- **Nearly New Sales:** 14:00 - 16:00.

Dates: 25 Jan.

- **Nearly New Sales:** 14:00 - 16:00.

Dates: 22 Mar.

Cost: £2 per adult, kids go free.

SUNDAY

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.

www.swimworks.co.uk.

Times: 9:00 - 13:00. **Ages:** 0 - 5 yrs.

Cost: £14.50 per session (*booking essential*).

Dates: 12 Jan - 30 Mar.

MONDAY

PARENTS & TOTS

Kineton Baby & Toddler Group

Kineton Village Hall, Mill Lane, Kineton, CV35 0LB. 01926 641483.

Times: 9:30 - 11:00. **Ages:** 0 - 5 yrs.

Cost: £2 per session (*booking essential*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

Snitterfield Rag Tag Toddler Group

Snitterfield Village Hall, Bearley Road, Snitterfield, Stratford upon Avon, CV37 0JH. 01789 731246.

Times: 9:45 - 11:45. **Ages:** 0 - 4 yrs. **Cost:** £3 per session (*drop in*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

Stratford Family Club CIC

Prospero Lounge, 24 Bridge St, Stratford-upon-Avon, CV37 6AD.

• **Baby Group:** 9:00 - 11:00.

Ages: 0 - 5 yrs 11 mths.

Cost: £2 per session (*drop in*). **Dates:** 6 Jan - 24 Mar.

Stratford Family Club CIC

Ken Kennett Centre, 100 Justins Ave, Stratford-upon-Avon, CV37 0DA.

Ken Kennett Tots: 9:15 - 11:15.

Ages: 0 - 5 yrs 11 mths.

Cost: £2 per session (*drop in*). **Dates:** 6 Jan - 24 Mar.

SENSORY & DEVELOPMENT

Adventure Babies Warwickshire & Coventry

Ettington Community Centre, Rogers Lane, Ettington, Stratford-upon-Avon, CV37 7SX. www.adventurebabies.co.uk.

• **Adventure Babies:** 10:30 - 11:15. **Ages:** 0 - 1 yrs.

• **Adventure Babies:** 11:45 - 12:30. **Ages:** 0 - 8 mths.

• **Adventure Babies:** 13:15 - 14:00. **Ages:** 0 - 2 yrs.

Cost: £9 per session (*booking essential*).

Dates: 13 Jan - 10 Feb.

CREATIVE

Graham Adams Centre

St James Road, Southam, CV47 0LY. 01928 811519.

www.grahamadamscentre.com.

• **Arty Monkeys:** 10:00 - 11:30.

Ages: 6 mths - 5 yrs. **Cost:** £5 per session (*drop in*).

Dates: 13 Jan - 10 Feb & 24 Feb - 24 Mar.

Market Hall Museum, Warwick

Market Place, Warwick, CV34 4SA. 01926 412 501.

• **Arty Tots get messy with their Grandparents:** 10:00 - 12:00.

Ages: 1 - 4 yrs.

Cost: £3 per session (*drop in*).

Dates: 6 Jan - 24 Mar.

DANCE & DRAMA

Krystle Jayne's Dance Academy

Claverdon Church Centre, Church Rd, Claverdon, CV35 8PD. 07791 852891. www.krystlejayedanceacademy.co.uk.

• **Baby Ballet:** 16:30 - 17:00. **Ages:** 2 - 4 yrs.

Cost: £4 per session (*booking essential*).

• **Pre-Primary Ballet & Tap:** 17:00 - 17:45. **Ages:** 4 - 5 yrs.

Cost: £5 per session (*booking essential*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

TUESDAY

PARENTS & TOTS

Cheeky Chimps Baby & Toddler Group

Ettington Community Centre, Rogers Lane, Ettington, Stratford upon Avon, CV37 7SX.

Times: 9:15 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £3 per session (*drop in*).

Dates: 7 Jan - 14 Jan & 28 Jan - 25 Mar.

Muddy Munchkins Playgroup

Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon, CV37 0QE. 07894561511.

Times: 9:30 - 11:15. **Ages:** 1 - 5 yrs.

Cost: £9 per session (*booking essential*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Stratford Family Club CIC

St Peter's Church Welford, Welford-on-Avon, Stratford-upon-Avon, CV37 8EL.

• **River Vale Tots:** 9:30 - 11:30.

Ages: 0 - 5 yrs 11 mths.

Cost: £2 per session (*drop in*). **Dates:** 7 Jan - 25 Mar.

Trinity Tots

Ken Kennett Centre, 100 Justin's Avenue, Stratford-upon-Avon, CV37 0DA. 01789 266316.

• **Stay & Play:** 9:00 - 10:30.

Ages: 0 - 5 yrs. **Cost:** £1 per session (*drop in*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Wesley Baby and Toddler Group

Stratford Methodist Church, Old Town, Stratford upon Avon, CV37 6BG.

Times: 9:45 - 11:30. **Ages:** 0 - 5 yrs.

Cost: £1.50 per session (*booking essential*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.



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DANCE & DRAMA

Krystle Jayne's Dance Academy

Claverdon Church Centre, Church Rd, Claverdon, CV35 8PD.
07791 852891. www.krystlejayedanceacademy.co.uk

- **Pre-Primary Ballet & Tap:** 16:15 - 17:00. **Ages:** 4 - 5 yrs.
Cost: £5 per session (*booking essential*).
Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

WEDNESDAY

PARENTS & TOTS

Graham Adams Centre

St James Road, Southam, CV47 0LY. 01928 811519.
www.grahamadamscentre.com

- **Stretchy Monkeys Soft Play:** 10:00 - 11:30.
Ages: 1 - 5 yrs. **Cost:** £2 per session (*drop in*).
Dates: 15 Jan - 12 Feb & 26 Feb - 26 Mar.

Muddy Munchkins Playgroup

Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon,
CV37 0QE. 07894561511.

- Times:** 9:30 - 11:15. **Ages:** 1 - 5 yrs.
Cost: £9 per session (*booking essential*).
Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Welford Wrigglers

Welford School, Headland Road, Welford-on-Avon, Stratford-upon-Avon,
CV37 8ER. 01789 750214. www.welfordonavonschool.co.uk

- Times:** 9:15 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).
Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.



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GLO-GROUP

Westgate Children and Family Centre

Bowling Green Street, Warwick, CV34 4DD. 01926 490629.
www.barnardos.org.uk

- **Toddler Time:** 11:00 - 12:30. **Ages:** 1 - 3 yrs.
 - **Baby Time:** 13:30 - 15:00. **Ages:** 1 mths - 1 yrs.
- Cost:** Free (*booking essential*).
Dates: 15 Jan - 26 Mar.

MUSIC & SINGING

BilinguaSing Coventry & Warwickshire

Stratford-upon-Avon Methodist Church, Old Town, Stratford-upon-Avon,
CV37 6BG. 07815 149877. www.bilinguasinging.com

- **We Sing French:** 14:00 - 14:45. **Ages:** 1 mths - 4 yrs 11 mths.
- Cost:** £8.50 per session (*booking essential*). **Dates:** 8 Jan - 26 Mar.

SENSORY & DEVELOPMENT

Baby Sensory (S. Warwickshire)

Scout Hut Tiddington, Tiddington, Stratford-upon-Avon, CV37 7AY.
07989 502712. www.babysensory.com

- Times:** 10:15 - 11:00 & 11:30 - 12:15. **Ages:** 0 - 1 yrs 1 mths.
- Cost:** £6.50 per session (*booking essential*).
Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

THURSDAY

PARENTS & TOTS

Bishop's Itchington Baby and Toddler Group

Memorial Hall, Fisher Road, Bishop's Itchington, CV47 2RE.

- Times:** 10:00 - 11:30. **Ages:** Pregnancy - 5 yrs.
- Cost:** £2 per session (*booking essential*).
Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Little Fishes

Townsend Hall, 52 Sheep Street, Shipston on Stour, CV36 4AE.

- Times:** 9:15 - 11:15. **Ages:** 0 - 4 yrs. **Cost:** £3 per session (*drop in*).
Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Snitterfield Rag Tag Toddler Group

Snitterfield Village Hall, Bearley Road, Snitterfield, Stratford upon Avon,
CV37 0JH. 01789 731246.

- Times:** 9:45 - 11:45. **Ages:** 0 - 4 yrs. **Cost:** £3 per session (*drop in*).
Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Stratford Family Club CIC

Playhouse, Suite 14, 14 Rother St, Stratford-upon-Avon, CV37 6LU.

- **Playhouse Tots:** 10:15 - 11:45.
- Ages:** 0 - 5 yrs 11 mths. **Cost:** £2 per session (*drop in*).
Dates: 9 Jan - 27 Mar.

Trinity Tots

Holy Trinity Parish Center, Old Town, Stratford-upon-Avon, CV37 6BG.
01789 266316.

- Times:** 13:30 - 15:00. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (*drop in*).
Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

SENSORY & DEVELOPMENT

Adventure Babies Warwickshire & Coventry

Pebworth Village Hall, Chapel Road, Pebworth, Stratford-upon-Avon, CV37 8XJ. www.adventurebabies.co.uk.

- **Adventure Babies:** 9:15 - 10:00. **Ages:** 0 - 2 yrs.
- **Adventure Babies:** 10:30 - 11:15. **Ages:** 0 - 1 yrs.
- **Adventure Babies:** 11:45 - 12:30. **Ages:** 0 - 8 mths.

Cost: £9 per session (*booking essential*).

Dates: 16 Jan - 13 Feb.

FRIDAY

PARENTS & TOTS

Muddy Munchkins Playgroup

Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon, CV37 0QE. 07894561511. bookwhen.com.

Times: 9:30 - 11:15. **Ages:** 1 - 5 yrs.

Cost: £9 per session (*booking essential*).

Dates: 10 Jan - 14 Feb & 28 Feb - 28 Mar.

Stockton Toddlersaurs

Stockton Village Hall, Napton Road, Stockton, Southam, CV47 8JX. 01926 814687.

Times: 9:30 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** £3 per session (*drop in*).

Dates: 10 Jan - 14 Feb & 28 Feb - 28 Mar.

Wesley Baby and Toddler Group

Stratford Methodist Church, Old Town, Stratford upon Avon, CV37 6BG.

Times: 9:45 - 11:30. **Ages:** 0 - 5 yrs.

Cost: £1.50 per session (*booking essential*).

Dates: 10 Jan - 14 Feb & 28 Feb - 28 Mar.

MUSIC & SIGNING

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

Tiddington Community Centre, Main Street, Tiddington, Stratford-upon-Avon, CV37 7AN. 07469 186042. www.rhythmtime.net.

- **Pre-school:** 9:30 - 10:00. **Ages:** 2 yrs 9 mths - 5 yrs.
- **Toddlers:** 10:30 - 11:30 & 11:30 - 12:00. **Ages:** 1 yrs 2 mths - 3 yrs.
- **Babies:** 12:30 - 13:00. **Ages:** 0 - 1 yrs 1 mths.

Cost: £8 per session (*booking essential*).

Dates: 17 Jan - 14 Feb & 28 Feb - 28 Mar.

SENSORY & DEVELOPMENT

Baby College Mid Warwickshire

Snitterfield Village Hall, 6 Bearley Road, Snitterfield, Stratford-upon-Avon, CV37 0JH. 07507413632. www.babycollege.co.uk.

- **Juniors 18 mths - 3+ yrs:** 9:30 - 10:15.
- **Toddlers 9 - 18 mths:** 10:30 - 11:15.
- **Infants 0-9mths:** 11:30 - 12:15.

Cost: £8.50 per session (*booking essential*).

Dates: 10 Jan - 14 Feb & 28 Feb - 28 Mar.

PREGNANCY

NCT Southam & Villages

Graham Adams Centre, St James Rd, Southam, CV47 0LY. www.nct.org.uk.

- **Bumps and Babies:** 10:00 - 11:30.
- **Baby Cafe (Breastfeeding Support Drop In):** 10:00 - 12:00.

Cost: Free (*drop in*). **Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.

SATURDAY

PARENTS & TOTS

Muddy Munchkins Playgroup

Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon, CV37 0QE. 07894561511. bookwhen.com.

Times: 9:30 - 11:15.

Ages: 1 - 5 yrs. **Cost:** £9 per session (*booking essential*).

Dates: 11 Jan - 15 Feb & 1 Mar - 29 Mar.

SUNDAY

DANCE & DRAMA

Krystle Jayne's Dance Academy

Wootton Wawen Village Hall, Alcester Rd, Henley in Arden, B95 6AY. 07791 852891. www.krystlejayedanceacademy.co.uk.

- **Baby Ballet:** 10:00 - 10:30. **Ages:** 2 - 3 yrs.

Cost: £4 per session (*booking essential*).

- **Pre-Primary Ballet & Tap:** 10:30 - 11:15. **Ages:** 4 - 5 yrs.

Cost: £5 per session (*booking essential*).

- **Mini Movers Street Dance:** 11:15 - 11:45. **Ages:** 1 - 3 yrs.

Cost: £4 per session (*booking essential*).

Dates: 12 Jan - 9 Feb & 2 Mar - 30 Mar.

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MONDAY

PARENTS & TOTS

Lillingtons and Baby Cafe

Lillington Free Church Hall, Cubbington Road, Lillington, Leamington Spa, CV32 7AL. 07900 790951. www.lillingtonfreechurch.org.

Times: 9:30 - 11:15. **Ages:** 0 - 4 yrs. **Cost:** £1 per session (*drop in*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

Little Fishes Baby and Toddler Group

Saltisford Church, Albert Street, Warwick, CV34 4JX.

Times: 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £1 per session (*drop in*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

Muddy Puddles Mini Forest School

Bramble Wood, Dobson Lane, Whitnash, Leamington Spa, CV31 2SP. 07730031935.

• **Forest School:** 10:00 - 11:15. **Ages:** 1½ yrs - 5 yrs.

• **Tree Tots Baby Group:** 11:30 - 12:30. **Ages:** 0 - 1 yrs 4 mths.

Cost: £7 per session (*booking essential*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

Warwickshire Wildlife Trust

Brandon Marsh Nature Centre, Brandon Lane, Coventry, CV3 3GW. www.warwickshirewildlifetrust.org.uk.

• **Frosty Fairies and Wintry Wizards:** 10:00 - 11:00.

• **Teeny Tiny Den Building:** 11:15 - 12:15.

Ages: 2 - 5 yrs. **Cost:** £6 per session (*booking essential*). **Dates:** 17 Feb.

MUSIC & SIGNING

BilinguaSing Coventry & Warwickshire

Dale Street Church, Dale Street, Leamington Spa, CV32 5HL. 07815 149877. www.bilinguasing.com.

• **We Sing Spanish:** 10:30 - 11:15. **Ages:** 1 mths - 4 yrs 11 mths.

• **Baby Loves Spanish:** 11:30 - 12:15. **Ages:** 1 mths - 1 yrs 4 mths.

Cost: £7.50 per session (*booking essential*).

Dates: 13 Jan - 10 Feb & 24 Feb - 24 Mar.

Rhythm Time Coventry, Rugby and West Northants

Coundon - Sherbourne Community Church, Holyhead Road, Coundon, Coventry, CV6 1QL. 07591720345. www.rhythmtime.net.

• **Toddler Class:** 10:00 - 10:30. **Ages:** 1 - 3 yrs.

• **Baby Class:** 10:45 - 11:15. **Ages:** 2 mths - 1 yrs 1 mths.

Cost: £7.01 per session (*booking essential*).

Dates: 6 Jan - 24 Mar.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

The Kenilworth Centre, Abbey End Car Park, Kenilworth, CV8 1QJ. 07469 186042. www.rhythmtime.net.

• **Babies:** 10:30 - 11:00. **Ages:** 6 mths - 1 yrs 1 mths.

Cost: £8 per session (*booking essential*).

Dates: 13 Jan - 10 Feb & 24 Feb - 24 Mar.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL. 07469 186042. www.rhythmtime.net.

• **Young Babies:** 12:30 - 13:00. **Ages:** 0 - 6 mths.

• **Pre-School:** 10:30 - 11:00. **Ages:** 3 - 4 yrs.

• **Toddlers:** 9:30 - 10:00. **Ages:** 1 yrs 2 mths - 3 yrs.

• **Babies:** 11:30 - 12:00. **Ages:** 6 mths - 1 yrs 1 mths.

Cost: £8 per session (*booking essential*).

Dates: 13 Jan - 10 Feb & 24 Feb - 24 Mar.

Zumbini Coventry and Warwickshire

Kenilworth Methodist Church, 61 Priory Road, Kenilworth, CV8 1SB. 07720236196.

• **Bini Babies:** 14:30 - 15:15. **Ages:** 0 - 10 mths.

(*booking essential*). **Dates:** 13 Jan - 24 Feb.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick

Kenilworth Methodist Church, 60 Priory Rd, Kenilworth, CV8 1LQ. 07739657149.

• **Rising Stars - 18m-3yrs:** 9:30 - 10:10.

• **Bright Stars 3 yrs-4 yrs:** 10:30 - 11:15.

Cost: £7.50 per session (*booking essential*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

PHYSICAL FUN

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB. 01926 954979. www.zoogieboogie.co.uk.

• **Galaxy Explorer Advanced (2.5 - 4.5 years):** 9:20 - 10:05.

• **Zippping Zoogies (17 - 22 months):** 10:30 - 11:15.

• **Galaxy Explorers (22 - 32 months):** 11:35 - 12:20.

• **Sensory Star Gazers (8+ weeks - 8 months):** 12:45 - 13:30.

• **Moon Walkers (11.5 - 17 months):** 14:00 - 14:45.

(*booking essential*). **Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

Times: 9:30 - 16:00. **Ages:** 0 - 5 yrs.

Cost: £14.50 per session (*booking essential*). **Dates:** 6 Jan - 24 Mar.

Water Babies Warwickshire

Chesford Grange Hotel, b4115, Nr Warwick, Kenilworth, CV8 2LD. 01926 940727. www.waterbabies.co.uk.

Times: 15:00 - 15:30, 15:30 - 16:00, 16:00 - 16:30, 16:30 - 17:00, 17:00 - 17:30, 17:30 - 18:00, 18:00 - 18:30 & 18:30 - 19:00.

Ages: 0 - 5 yrs. **Cost:** £18.50 per session (*booking essential*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

HEALTH & WELLNESS

Lillington Children & Family Centre

3 Mason Avenue, Lillington, CV32 7QE. 01926 887597. www.barnardos.org.uk.

• **Postnatal Fitness Class for families:** 9:30 - 10:30.

Cost: Free (*booking essential*). **Dates:** 13 Jan - 24 Mar.

Mum & Me Fitness

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 07874010310. www.mumandmefitness.com.

Times: 11:15 - 12:15. **Ages:** Pregnancy+.

Cost: £10 per session (*booking essential*). **Dates:** 13 Jan - 24 Mar.

Sweaty Mama Warwick & Leamington

Cubbington Village Hall, Broadway, Cubbington, Leamington Spa, CV32 7JR. 07587848121. warwick.sweatymama.com.

• **Sweaty Mama Class:** 11:00 - 11:45. **Ages:** Pregnancy - 4 yrs.

Cost: Free (*booking essential*). **Dates:** 6 Jan - 10 Feb.

PREGNANCY

Home-Start South Warwickshire

Lillington Children & Family Centre, Mason Avenue, Lillington, Leamington Spa, CV32 7QE. 07564 543806. www.homestartsouthwarwickshire.org.uk.

• **Home-Start Perinatal Support Group:** 13:00 - 14:30.

Cost: Free (*booking essential*). **Dates:** 6 Jan - 24 Mar.



TUESDAY

PARENTS & TOTS

Hampton Magna Toddler Group

Budbrooke Community Centre, Field Barn Road, Hampton Magna, Warwick, CV35 8RT. 07506 713277.

Times: 9:30 - 11:20. **Ages:** 0 - 5 yrs. **Cost:** £3 per session (*drop in*).

Dates: 7 Jan - 25 Mar.

Castle Farm Scout Building

Castle Farm Scout Building, Fishponds Road, Kenilworth, CV8 1EY. 01926 336793.

• **Baby Time:** 9:30 - 11:00. **Ages:** 0 - 1 yrs.

Cost: Free (*booking essential*). **Dates:** 14 Jan - 11 Feb & 25 Feb - 25 Mar.

The SYDNI Centre

Cottage Square, Leamington Spa, CV31 1PT. 01926 336793.

• **Baby Time:** 10:00 - 11:30. **Ages:** 1 - 5 yrs.

Cost: Free (*booking essential*). **Dates:** 14 Jan - 25 Mar.

Radford Rascals Stay and Play Group

Radford Semele Baptist Church Hall, Lewis Road, Radford Semele, Leamington Spa, CV31 1UQ. 07739 402554. www.rsbc.info.

Times: 9:30 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** £2 per session (*drop in*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Warwickshire Wildlife Trust

Brandon Marsh Nature Centre, Brandon Lane, Coventry, CV3 3GW. www.warwickshirewildlifetrust.org.uk.

• **Nature Tots:** 10:30 - 11:30. **Ages:** 2 - 4 yrs.

Cost: £6 per session (*booking essential*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

MUSIC & SIGNING

BilinguaSing Coventry & Warwickshire

Stoneleigh Village Hall, Hall Close, Stoneleigh, CV8 3DG. 07815 149877. www.bilinguasign.com.

• **We Sing French:** 10:15 - 11:00. **Ages:** 1 mths - 4 yrs 11 mths.

Cost: £7.50 per session (*booking essential*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Dandy Development

Barford Memorial Hall, Church Street, Barford, CV35 8EN. 07890 241301. www.dandydevelopment.co.uk.

• **Stage 1:** 9:55 - 10:30. **Ages:** 4 mths - 1 yrs 1 mths.

• **Dandinos:** 11:00 - 11:35. **Ages:** 0 - 6 mths.

Cost: £8 per session (*booking essential*).

Dates: 21 Jan - 11 Feb & 25 Feb - 25 Mar.

Sing and Sign Coventry and Kenilworth

St John the Evangelist, 205, Warwick Road, Kenilworth, CV8 1HY. 07920 066652. www.singandsign.co.uk.

• **Sing & Sign Stage 2:** 9:40 - 10:40. **Ages:** 1 yrs 2 mths - 2 yrs.

• **Sing & Sign Stage 1:** 10:50 - 11:51. **Ages:** 6 mths - 1 yrs 1 mths.

• **Sing & Sign Babies:** 11:55 - 12:55. **Ages:** 0 - 6 mths.

Cost: £7.70 per session (*booking essential*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Zumbini Coventry and Warwickshire

Coventry & North Warwickshire Cricket Club, Binley Road, Coventry, CV3 1HB. 07720236196.

• **Zumbini:** 14:30 - 15:15. **Ages:** 0 - 4 yrs.

(*booking essential*). **Dates:** 7 Jan - 25 Feb.

Zumbini Coventry and Warwickshire

Burton Green Village Hall, Red Lane, Coventry, CV8 1PF. 07720236196.

• **Zumbini 9:30 - 10:15.** **Ages:** 0 - 4 yrs.

(*booking essential*). **Dates:** 14 Jan - 25 Feb.



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SENSORY & DEVELOPMENT

Adventure Babies Warwickshire & Coventry

St Chad's Centre, 17 Church Lees, Bishop's Tachbrook, Leamington Spa, CV33 9RQ. www.adventurebabies.co.uk.

- **Adventure Babies:** 9:45 - 10:30. **Ages:** 0 - 1 yrs.
- **Adventure Babies:** 11:00 - 11:45. **Ages:** 0 - 2 yrs.
- **Adventure Babies:** 12:30 - 13:15. **Ages:** 0 - 8 mths.

Cost: £9 per session (*booking essential*).

Dates: 14 Jan - 11 Feb.

Baby College Mid Warwickshire

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 07507413632. www.babycollege.co.uk.

- **Juniors 18 mths - 3+ yrs:** 9:30 - 10:15.
- **Toddlers 9 - 18 mths:** 10:30 - 11:15.
- **Infants 0-9mths:** 11:30 - 12:15.

Cost: £8.50 per session (*booking essential*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Baby Sensory (S. Warwickshire)

Dale Street Methodist Church (Main Hall), Dale Street, Leamington Spa, CV32 5HL. 07989 502712. www.babysensory.co.uk.

Times: 10:00 - 10:45, 11:15 - 12:00, 12:45 - 13:30 & 14:00 - 15:00.

Ages: 0 - 1 yrs 1 mths. **Cost:** £6.50 per session (*booking essential*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Little Massage Mid Warwickshire

Undo Studio, Warwick House, 6 Station Rd, Kenilworth, CV8 1JF. 07530424447. www.midwarwickshire.thelittlemsensory.co.

- **Little Massage 4 week course:** 10:30 - 11:30.

Ages: 1 - 8 mths. **Cost:** £50 per session (*booking essential*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

CREATIVE

Arty Splats : Messy Play - Warwickshire

Dorothea Mitchell Village Hall, Claverdon, Claverdon, Warwick, CV35 8PH. 07789 748730.

- **Arty's Adventurers:** 10:00 - 10:45. **Ages:** 1 yrs 4 mths - 5 yrs.
- **Arty's Babies:** 11:10 - 11:55. **Ages:** 6 mths - 1 yrs 3 mths.

Cost: £9.70 per session (*booking essential*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick

Bubbenhall Village Hall, Lower End, Coventry, CV8 3BW. 07739657149.

- **All Stars - 18m-5yrs:** 10:00 - 10:40.

Cost: £7.50 per session (*booking essential*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

PHYSICAL FUN

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB. 01926 954979. www.zoogieboogie.co.uk.

- **Zipping Zoogies (17 - 22 months):** 9:20 - 10:05.
- **Sensory Star Gazers (8+ weeks - 8 months):** 12:45 - 13:30.
- **Moon Walkers (11.5 - 17 months):** 10:30 - 11:15.
- **Galaxy Explorer Combined (22 - 36 months):** 11:35 - 12:20.
- **Moon Crawlers (8 - 11.5 months):** 14:00 - 14:45.

(*booking essential*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

Times: 9:30 - 15:00. **Ages:** 0 - 5 yrs.

Cost: £14.50 per session (*booking essential*). **Dates:** 7 Jan - 25 Mar.

Water Babies Warwickshire

Chesford Grange Hotel, b4115, Nr Warwick, Kenilworth, CV8 2LD. 01926 940727. www.waterbabies.co.uk.

Times: 9:00 - 9:30, 9:30 - 10:00, 10:00 - 10:30, 10:30 - 11:00, 15:30 - 16:00, 16:30 - 17:00, 17:00 - 17:30, 17:30 - 18:00 & 18:30 - 19:00.

Ages: 0 - 5 yrs. **Cost:** £18.50 per session (*booking essential*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

HEALTH & WELLNESS

Maricarmenfitness

Therapy and Fitness Centre, 46 Warwick Street, Leamington Spa, CV32 5JS. 07969 188566. www.maricarmenfitness.com.

- **Fit Mama and Baby Postnatal Class:** 10:00 - 10:45.

Ages: 0 - 4 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 7 Jan - 11 Feb.

Mum & Me Fitness

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 07874010310. www.mumandmefitness.com.

Times: 10:45 - 11:45. **Ages:** Pregnancy+.

Cost: £10 per session (*booking essential*). **Dates:** 14 Jan - 25 Mar.

WEDNESDAY

PARENTS & TOTS

Kingsway Children & Families Centre

Kingsway Primary School, Baker Avenue, Leamington Spa, CV31 3HB. 01926 336793.

- **Toddler Time:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Cost: Free (*booking essential*). **Dates:** 15 Jan - 26 Mar.



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Little Crackers Stay 'n' Play

Crackley Hall School, St Joseph's Park, Kenilworth, CV8 2FT.
01926 514456. www.littlecrackers.co.uk.

Times: 10:30 - 11:45. **Ages:** 0 - 4 yrs.

Cost: £2.50 per session (*booking essential*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Mini Meadows Baby and Toddler Group

Chase Meadow Community Centre, Chase Meadow, Warwick,
CV34 6BT. 07807 906261.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Cost: £2 per session (*booking essential*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Muddy Puddles Mini Forest School

Bramble Wood, Dobson Lane, Whitnash, Leamington Spa, CV31 2SP.
07730031935.

• **Tree Tots Baby Group:** 11:15 - 12:15. **Ages:** 0 - 1 yrs 4 mths.

Cost: £7 per session (*booking essential*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Warwickshire Wildlife Trust

Brandon Marsh Nature Centre, Brandon Lane, Coventry, CV3 3GW.
www.warwickshirewildlifetrust.org.uk.

• **Den Building:** 10:00 - 11:00.

• **Campfire Fun & Hot Chocolates:** 11:15 - 12:15.

Cost: £6 per session (*booking essential*). **Dates:** 19 Feb.

MUSIC & SIGNING

Dandy Development

Radford Road Church, Radford Road, Leamington Spa, CV31 1NF.
07890 241301. www.dandydevelopment.co.uk.

• **Stage 2:** 9:50 - 10:30. **Ages:** 1 yrs 1 mths - 2½ yrs.

• **Stage 1:** 11:00 - 11:35. **Ages:** 4 mths - 1 yrs 1 mths.

Cost: £8 per session (*booking essential*).

Dates: 22 Jan - 12 Feb & 26 Feb - 26 Mar.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

The Kenilworth Centre, Abbey End Car Park, Kenilworth, CV8 1QJ.
07469 186042. www.rhythmtime.net.

• **Toddlers:** 9:30 - 10:00. **Ages:** 1 yrs 1 mths - 3 yrs.

Cost: £8 per session (*booking essential*).

Dates: 15 Jan - 12 Feb & 26 Feb - 26 Mar.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL.
07469 186042. www.rhythmtime.net.

• **Pre-School:** 9:30 - 10:00. **Ages:** 3 - 4 yrs.

• **Toddlers:** 10:30 - 11:00. **Ages:** 1 yrs 2 mths - 3 yrs.

• **Babies:** 11:30 - 12:00. **Ages:** 6 mths - 1 yrs 1 mths.

Cost: £8 per session (*booking essential*).

Dates: 15 Jan - 12 Feb & 26 Feb - 26 Mar.

Sing and Sign Coventry and Kenilworth

Earlston Methodist Church Hall, Albany Road, Earlston, Coventry,
CV5 6NF. 07920 066652. www.singandsign.co.uk.

• **Sing & Sign Stage 2:** 9:30 - 10:30. **Ages:** 1 yrs 2 mths - 2 yrs.

• **Sing & Sign Stage 1:** 10:45 - 11:45. **Ages:** 7 mths - 1 yrs 2 mths.

• **Sing & Sign Babies:** 11:50 - 12:50. **Ages:** 0 - 6 mths.

Cost: £7.70 per session (*booking essential*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

SENSORY & DEVELOPMENT

Adventure Babies Warwickshire & Coventry

Heathcote Community Centre, Cressida Close, Heathcote, Warwick,
CV34 6DZ. www.adventurebabies.co.uk.

• **Adventure Babies:** 9:15 - 10:00. **Ages:** 0 - 2 yrs.

• **Adventure Babies:** 10:30 - 11:15. **Ages:** 0 - 1 yrs.

• **Adventure Babies:** 10:30 - 11:15. **Ages:** 0 - 8 mths.

Cost: £9 per session (*booking essential*).

Dates: 15 Jan - 12 Feb.

Spa Babies

Warwick Ashorne Village Hall, Ashorne Village Hall, Ashorne,
Leamington Spa, CV35 9DR. 07984 762397. www.spababies.co.uk.

Times: 11:00 - 12:15, 12:45 - 14:00, 14:30 - 15:30 & 16:15 - 17:30.

Ages: 0 - 10 mths. **Cost:** £35 per session (*booking essential*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

CREATIVE

Arty Splats : Messy Play - Warwickshire

St Chads Centre, Church Hill, Bishop's Tachbrook, Leamington Spa,
CV33 9RJ. 07789 748730.

• **Arty's Adventurers:** 10:00 - 10:45. **Ages:** 1 yrs 4 mths - 5 yrs.

• **Arty's Babies:** 11:10 - 11:55. **Ages:** 6 mths - 1 yrs 3 mths.

Cost: £9.50 per session (*booking essential*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Lillington Children & Family Centre

3 Mason Avenue, Lillington, CV32 7QE. 01926 887597.

• **Toddler Time:** 10:00 - 11:30. **Ages:** 1 - 3 yrs.

Cost: Free (*booking essential*). **Dates:** 15 Jan - 26 Mar.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick

Whitnash Methodist Church, Murcott Rd E, Leamington Spa,
CV31 2JJ. 07739657149.

• **Rising Stars - 18m-3yrs:** 10:00 - 10:40.

• **Bright Stars 3yrs-4yrs:** 11:00 - 11:45.

Cost: £7.50 per session (*booking essential*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

PHYSICAL FUN

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB.
01926 954979. www.zoogieboogie.co.uk.

- **Zipping Zoogies (17 - 22 months):** 10:30 - 11:15.
- **Galaxy Explorers (22 - 32 months):** 11:35 - 12:20.
- **Sensory Star Gazers (8+ weeks - 8 months):** 14:00 - 14:45.
- **Moon Walkers (11.5 - 17 months):** 15:05 - 15:50.
- **Moon Crawlers (8 - 11.5 months):** 9:20 - 10:05.

(booking essential). **Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.
07950 467796. www.swimworks.co.uk.

Times: 9:30 - 15:00. **Ages:** 0 - 5 yrs.

Cost: £14.50 per session (booking essential). **Dates:** 8 Jan - 26 Mar.

Water Babies Warwickshire

Walton Hall Hotel, Jubilee Drive, Walton, Wellesbourne, CV35 9HG.
01926 940727. www.waterbabies.co.uk.

Times: 10:30 - 11:00. **Ages:** 1 mths - 5 yrs.

Cost: £18.50 per session (booking essential). **Dates:** 1 Jan - 26 Feb.

Water Babies Warwickshire

Chesford Grange Hotel, b4115, Nr Warwick, Kenilworth, CV8 2LD.
01926 940727. www.waterbabies.co.uk.

Times: 15:00 - 15:30, 16:00 - 16:30, 16:30 - 17:00, 17:00 - 17:30, 17:30 - 18:00 & 18:00 - 18:30.

Ages: 0 - 5 yrs. **Cost:** £18.50 per session (booking essential).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

HEALTH & WELLNESS

Maricarmenfitness

Revolution Fitness, Unit 17B, Queensway, Leamington Spa,
CV31 3LZ. 07969 188566. www.maricarmenfitness.com.

- **FitMAMA Circuits:** 11:30 - 12:15.

Ages: 6 mths - 5 yrs. **Cost:** £12 per session (booking essential).

Dates: 8 Jan - 12 Feb.

Mum & Me Fitness

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick,
CV34 6BT. 07874010310. www.mumandmefitness.com.

Times: 10:45 - 11:45. **Ages:** Pregnancy+.

Cost: £10 per session (drop in). **Dates:** 15 Jan - 26 Mar.

Sweaty Mama Warwick & Leamington

Beyond the Bump, The Squab, Harbury Lane, Leamington Spa,
CV33 9QB. 07587848121. www.warwick.sweatymama.com.

- **Mamalates with baby class - Beyond the Bump:** 10:00 - 10:45.

Ages: 2 mths - 1 yrs 2 mths. (booking essential). **Dates:** 8 Jan - 12 Feb.

THURSDAY

PARENTS & TOTS

Harbury Village Library

The Wight School, High Street, Harbury, Leamington Spa, CV33 9HW.
01926 258 776. www.harburyvillagelibrary.org.uk.

- **Tunes and Tales:** 9:15 - 9:45. **Ages:** 1 - 5 yrs.

Cost: Free (booking essential). **Dates:** 9 Jan - 27 Mar.

Kingsway Children & Families Centre

Kingsway Primary School, Baker Avenue, Leamington Spa, CV31 3HB.
01926 336793.

- **Toddler Time:** 13:30 - 15:00. **Ages:** 0 - 5 yrs.

- **Baby Time:** 9:30 - 11:00. **Ages:** 0 - 1 yrs.

Cost: Free (booking essential).

Dates: 16 Jan - 13 Feb & 27 Feb - 27 Mar.

Presto Music

23-25 Regent Grove, Leamington Spa, CV32 4NN. 01926 336793.

- **Baby Chatter Matters:** 13:30 - 14:30. **Ages:** 0 - 1 yrs.

Cost: Free (booking essential).

Dates: 16 Jan - 13 Feb & 27 Feb - 27 Mar.

Leek Wootton Baby & Toddler Group

Leek Wootton Village Hall, Warwick Road, Warwick, CV35 7RB.

Times: 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2 per session (drop in).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Octotots Toddler Group

Octagon (Church Hall of Lillington Parish Church), Vicarage Road,
Lillington, Leamington Spa, CV32 7RH. 01926 470449.

Times: 10:30 - 12:00. **Ages:** 0 - 5 yrs. **Cost:** Free (drop in).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

St John's Toddlers Kenilworth

St. John's Church Hall, Warwick Road, Kenilworth, CV8 1HY.

01926 855344. www.stjohn316.co.uk.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1.50 per session (drop in).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

MUSIC & SIGNING

BilinguaSing Coventry & Warwickshire

Kenilworth Methodist Church, Priory Road, KENILWORTH, CV8 1LQ.
07815 149877. www.bilinguasig.com.

- **We Sing Italian:** 13:45 - 14:30. **Ages:** 1 mths - 4 yrs 11 mths.

Cost: £7.50 per session (booking essential).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Dandy Development

Radford Road Church, Radford Road, Leamington Spa, CV31 1NF.
07890 241301. www.dandydevelopment.co.uk.

- **Stage 1:** 11:00 - 11:35. **Ages:** 4 mths - 1 yrs 1 mths.

- **Dandinos:** 9:55 - 10:30. **Ages:** 0 - 6 mths.

Cost: £8 per session (booking essential).

Dates: 23 Jan - 13 Feb & 27 Feb - 27 Mar.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL.
07469 186042. www.rhythmtime.net.

- **Pre-School:** 9:30 - 10:00. **Ages:** 3 - 4 yrs.

- **Toddlers:** 10:30 - 11:00. **Ages:** 1 yrs 2 mths - 3 yrs.

- **Babies:** 11:30 - 12:00. **Ages:** 6 mths - 1 yrs 1 mths.

Cost: £8 per session (booking essential).

Dates: 16 Jan - 13 Feb & 27 Feb - 27 Mar.

SENSORY & DEVELOPMENT

Baby Sensory (S. Warwickshire)

Hatton Park Village Hall, Barcheston Drive, Hatton Park, Warwick,
CV35 7TR. 07989 502712. www.babysensory.com.

Times: 10:00 - 10:45 & 11:15 - 12:00. **Ages:** 0 - 1 yrs 1 mths.

Cost: £6.50 per session (booking essential).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Little Massage Mid Warwickshire

Undo Studio, Warwick House, 6 Station Rd, Kenilworth, CV8 1JF.
07530424447. midwarwickshire.thelittlemsensory.co.

- **Little Massage 4 week course:** 10:30 - 11:30.

Ages: 1 - 8 mths. **Cost:** £50 per course (booking essential).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Naturally Baby

Unit 11, T1300, Plato Close, Warwick, CV34 6YB. 01926 954188.
naturallybaby.co.uk.

- **Bumps to Crawlers 'Stay and Play':** 13:00 - 14:30.

Ages: 0 - 9 mths. **Cost:** £4.95 per session (booking essential).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

CREATIVE

Arty Splats : Messy Play - Warwickshire

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick,
Warwick, CV34 6DR. 07789 748730.

- **Arty's Adventurers:** 10:00 - 10:45. **Ages:** 1 yrs 4 mths - 5 yrs.

- **Arty's Babies:** 11:10 - 11:55. **Ages:** 6 mths - 1 yrs 3 mths.

Cost: £9.70 per session (booking essential).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.



PHYSICAL FUN

Go4goals Midlands Ltd

Kingsley School Playing Fields, Sandy Lane, Leamington Spa, CV32 6RD. 07747 562469. www.go4goals.co.uk.

- **Elite Development:** 17:30 - 18:30. **Ages:** 5 - 12 yrs.

Cost: £4 per session (*booking essential*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB.

01926 954979. www.zoogieboogie.co.uk.

- **Galaxy Explorer Advanced (2.5 - 4.5 years):** 11:35 - 12:20.
- **Galaxy Explorers (22 - 32 months):** 9:20 - 10:05 & 15:05 - 15:50.
- **Sensory Star Gazers (8+ weeks - 8 months):** 12:20 - 13:05.
- **Moon Walkers (11.5 - 17 months):** 10:30 - 11:15.
- **Moon Crawlers (8 - 11.5 months):** 14:00 - 14:45.

(*booking essential*). **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.

07950 467796. www.swimworks.co.uk.

Times: 9:30 - 15:30. **Ages:** 0 - 5 yrs.

Cost: £14.50 per session (*booking essential*). **Dates:** 9 Jan - 27 Mar.

Water Babies Warwickshire

Walton Hall Hotel, Jubilee Drive, Walton, Wellesbourne, CV35 9HG.

01926 940727. www.waterbabies.co.uk.

Times: 9:30 - 10:00, 10:00 - 10:30, 17:00 - 17:30, 17:30 - 18:00.

Ages: 1 mths - 5 yrs. **Cost:** £18.50 per session (*booking essential*).

Dates: 2 Jan - 27 Feb & 9 Jan - 20 Feb.

Water Babies Warwickshire

Chesford Grange Hotel, b4115, Nr Warwick, Kenilworth, CV8 2LD.

01926 940727. www.waterbabies.co.uk.

Times: 9:30 - 10:00, 10:00 - 10:30, 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £18.50 per session (*booking essential*).

Dates: 2 Jan - 27 Feb & 2 Jan - 27 Feb.

HEALTH & WELLNESS

Sweaty Mama Warwick & Leamington

Norton Lindsey Village Hall, Wolverton Road, Norton Lindsey,

Warwick, CV35 8JL. 07587848121. www.warwick.sweatymama.com.

- **Sweaty Mama Class:** 10:15 - 11:00.

Ages: Pregnancy - 4 yrs. (*booking essential*). **Dates:** 9 Jan - 13 Feb.

FRIDAY

PARENTS & TOTS

Emmanuel Toddler Group

Emmanuel Evangelical Church, Heath Terrace, Leamington Spa,

CV32 5LY. 01926 424584.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (*drop in*).

Dates: 10 Jan - 14 Feb & 28 Feb - 28 Mar.

Hatton Park Baby and Toddler Group

Hatton Park Village Hall, Barcheston Drive, Warwick, CV35 7TR.

Times: 9:45 - 11:15. **Ages:** 0 - 4 yrs. **Cost:** £2.50 per session (*drop in*).

Dates: 10 Jan - 14 Feb & 28 Feb - 28 Mar.

St Margaret's Chapter House

2 Church Close, Whitnash, Leamington Spa, CV31 2HJ. 01926 336793.

- **Baby Time:** 10:00 - 11:30. **Ages:** 1 - 5 yrs.

Cost: Free (*booking essential*). **Dates:** 17 Jan - 28 Mar.

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- 10.15am - 11.15am Leamington Spa - Primary School

Age 5-11, Boys & Girls
(After school clubs, private sessions, birthday parties and school holiday camps)

For more information please contact
Jason Davies on 07747 562 469
Email: jasonh@go4goals.co.uk
www.go4goals.co.uk

Lillington Children & Family Centre

3 Mason Avenue, Lillington, CV32 7QE. 01926 887597.

• **Baby time:** 9:30 - 11:00.**Cost:** Free (booking essential). **Dates:** 17 Jan - 28 Mar.**Muddy Puddles Mini Forest School**

Foundry Wood, Princes Drive, Leamington Spa, CV32 5AE. 07730031935.

• **Muddy Puddles:** 10:00 - 11:00. **Ages:** 1½ yrs - 5 yrs.• **Muddy Puddles:** 11:15 - 12:15. **Ages:** 3 - 5 yrs.**Cost:** £7 per session (booking essential).**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.**NCT Warwickshire Central**

Abbey Fields, Bridge Street, Kenilworth, CV8 1BP. www.nct.org.uk.

• **Abbey Fields Walk & Talk:** 11:30 - 12:30.**Cost:** Free (booking essential).**Dates:** 10 Jan, 31 Jan, 14 Feb, 14 Mar, 28 Feb & 28 Mar.**MUSIC & SIGNING****BilinguaSing Coventry & Warwickshire**

Jaguar Sports & Social Club, Fenton Road, Off Browns Lane, Coventry, CV5 9PS. 07815 149877. www.bilinguasing.com.

• **We Sing Spanish:** 10:00 - 10:45. **Ages:** 1 mths - 4 yrs 11 mths.**Cost:** £7.50 per session (booking essential).**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.**BilinguaSing Coventry & Warwickshire**

St Barbara's Church, 22 Rochester Road, Earlsdon, Coventry, CV5 6AG. 07815 149877. www.bilinguasing.com.

• **We Sing German:** 10:30 - 11:15. **Ages:** 1 mths - 4 yrs 11 mths.**Cost:** £7.50 per session (booking essential).**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.**Dandy Development**

St Mary Immaculate, Warwick, 45 West Street, Warwick, CV34 6AB. 07890 241301. www.dandydevelopment.co.uk.

• **Stage 1:** 9:55 - 10:30. **Ages:** 4 mths - 1 yrs 1 mths.• **Stage 2:** 11:00 - 11:40. **Ages:** 1 yrs 1 mths - 2½ yrs.**Cost:** £8 per session (booking essential).**Dates:** 24 Jan - 14 Feb & 28 Feb - 28 Mar.**Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon**

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL. 07469 186042. www.rhythmtime.net.

• **Toddlers:** 9:30 - 10:00. **Ages:** 1 yrs 2 mths - 3 yrs.• **Babies:** 11:30 - 12:00. **Ages:** 6 mths - 1 yrs 1 mths.**Cost:** £8 per session (booking essential).**Dates:** 17 Jan - 14 Feb & 28 Feb - 28 Mar.**Sing and Sign Coventry and Kenilworth**

All Souls RC Church, Kingsland Avenue, Earlsdon, Coventry, CV5 8DX. 07920 066652. www.singandsign.co.uk.

• **Sing & Sign Stage 2:** 10:00 - 11:00. **Ages:** 1 yrs 2 mths - 2 yrs.• **Sing & Sign Stage 1:** 11:05 - 12:05. **Ages:** 6 mths - 1 yrs 1 mths.• **Sing & Sign Babes:** 11:55 - 12:55. **Ages:** 0 - 6 mths.**Cost:** £7.70 per session (booking essential).**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.**SENSORY & DEVELOPMENT****Baby Sensory (S. Warwickshire)**

Dale Street Methodist Church (Main Hall), Dale Street, Leamington Spa, CV32 5HL. 07989 502712. www.babysensory.com.

Times: 10:15 - 11:00 & 11:30 - 12:15. **Ages:** 0 - 1 yrs 1 mths.**Cost:** £6.50 per session (booking essential).**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.**Glo-Babies**

The Kenilworth Centre, Abbey End, Kenilworth, CV8 1QJ. 07956355729. www.glo-group.co.uk.

Times: 10:30 - 11:10. **Ages:** 0 - 3 yrs.**Cost:** £7 per session (booking essential).**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.**DANCE & DRAMA****Drama Tots Kenilworth, Leamington and Warwick**

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 07739657149.

• **All Stars - 18m-5yrs:** 10:00 - 10:40.**Cost:** £7.50 per session (booking essential).**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.**Stagecoach Performing Arts Kenilworth**

The Kenilworth Centre, Abbey End, Kenilworth, CV8 1QJ. 07483914041. www.stagecoach.co.uk.

Times: 16:00 - 17:30. **Ages:** 4 - 6 yrs.**Cost:** £15 per session (booking essential).**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.**Stagecoach Performing Arts Warwick**

Heathcote Primary School, Vickers Way, Heathcote, CV34 7AP. 07483914041. www.stagecoach.co.uk.

Times: 16:15 - 17:45. **Ages:** 4 - 6 yrs.**Cost:** £15 per session (booking essential).**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.**PHYSICAL FUN****AirHop & Rush Group UK**

AirHop Adventure & Trampoline Park Warwick, Tachbrook Park, Hermes Close, Leamington Spa, CV34 6NW. www.airhop.co.uk.

• **Toddler Takeover:** 10:00 - 12:00. **Ages:** 1 - 6 yrs.**Cost:** £11 per session (booking essential).**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.**The Zoogie Boogie Club**

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB. 01926 954979. www.zoogieboogie.co.uk.

- **Galaxy Explorer Advanced (2.5 - 4.5 years):** 14:00 - 14:45.
- **Zipping Zoogies (17 - 22 mths):** 11:35 - 12:20 & 15:05 - 15:50.
- **Moon Walkers (11.5 - 17 months):** 10:30 - 11:15.
- **Galaxy Explorer Combined (22 - 36 months):** 9:20 - 10:05.
- **Moon Crawlers (8 - 11.5 months):** 12:40 - 13:25.

(booking essential). Dates: 10 Jan - 14 Feb & 28 Feb - 28 Mar.**SWIMMING****Swim Works**

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

Times: 9:30 - 16:30. **Ages:** 0 - 5 yrs.**Cost:** £14.50 per session (booking essential). **Dates:** 10 Jan - 28 Mar.**Water Babies Warwickshire**

Chesford Grange Hotel, b4115, Nr Warwick, Kenilworth, CV8 2LD. 01926 940727. www.waterbabies.co.uk.

Times: 10:00 - 10:30, 15:00 - 15:30, 15:30 - 16:00, 16:00 - 16:30, 16:30 - 17:00, 17:00 - 17:30, 17:30 - 18:00 & 18:30 - 19:00.**Ages:** 0 - 5 yrs. **Cost:** £18.50 per session (booking essential).**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.**HEALTH & WELLNESS****Sweaty Mama Warwick & Leamington**

Whitnash Civic Centre, Acre Close, Whitnash, Leamington Spa, CV31 2ND. 07587848121. www.warwick.sweatymama.com.

• **Sweaty Mama Class:** 9:45 - 10:30.**Ages:** Pregnancy - 4 yrs. **Cost:** Free (drop in). **Dates:** 10 Jan - 14 Feb.**SATURDAY****PARENTS & TOTS****Dads and Tots Club**

Dale Street Methodist Church, Dale Street, Leamington Spa, CV32 5HL. 01926 612832 / 07742 764851.

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £4 per session (drop in).**Dates:** 11 Jan - 29 Mar.



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DANCE & DRAMA

Razzamatat Theatre Schools Coventry

Blue Coat School & Music College, Terry Road, Coventry, CV1 2BA.
07480 993088. coventry.razzamatat.co.uk

• **Razz Minis:** 9:00 - 10:00 10:15 - 11:15 & 11:30 - 12:30

Cost: £10 per session (*booking essential*).

Dates: 11 Jan - 8 Feb & 22 Feb - 29 Mar.

• **FREE Taster session:** 9:00 - 10:00.

Cost: Free (*booking essential*). **Dates:** 11 Jan.

Ages: 4 - 5 yrs.

Drama Tots Kenilworth, Leamington and Warwick

The Kenilworth Centre, Abbey End car park, Abbey End, Kenilworth, CV8 1QJ. 07739657149.

• **All Stars - 18m-5yrs:** 9:30 - 10:10.

• **Bright Stars 3yrs-5yrs:** 10:30 - 11:15.

• **Drama Club - 5yrs-7yrs:** 11:30 - 12:15.

Cost: £7.50 per session (*booking essential*).

Dates: 11 Jan - 15 Feb & 8 Mar - 29 Mar.

Stagecoach Leamington Spa

Campion School, Sydenham Drive, Leamington Spa, CV31 1QH.
07483 914041. www.stagecoach.co.uk

Times: 9:00 - 10:30, 9:30 - 11:00, 10:45 - 12:15 & 11:15 - 12:45.

Ages: 4 - 6 yrs. **Cost:** £15 per session (*booking essential*).

Dates: 11 Jan - 15 Feb & 1 Mar - 29 Mar.

Stagecoach Performing Arts Kenilworth

Balsall Common Primary School, Balsall Street East, Balsall Common, CV7 7FS. 07483914041. www.stagecoach.co.uk

Times: 9:30 - 11:00. **Ages:** 4 - 6 yrs.

Cost: £15 per session (*booking essential*).

Dates: 11 Jan - 15 Feb & 1 Mar - 29 Mar.

Stagecoach Performing Arts Warwick

All Saints COE Junior School, Nelson Avenue, Warwick, CV34 5LY.
07483914041. www.stagecoach.co.uk

Times: 9:30 - 11:00. **Ages:** 4 - 6 yrs.

Cost: £15 per session (*booking essential*).

Dates: 11 Jan - 15 Feb & 1 Mar - 29 Mar.

tinypoetoballet warwickshire

Hearsall Golf Club, 33, Beechwood Avenue, Earlsdon, CV5 6DF.
07362431151. www.tinypoetoballet.co.uk

• **Twinkle Toes:** 9:00 - 9:40 & 11:30 - 12:10. **Ages:** 1½ yrs - 2½ yrs.

• **Talent Toes:** 9:50 - 10:35. **Ages:** 2½ yrs - 4 yrs.

• **Twirlers & Spinners:** 10:40 - 11:20. **Ages:** 4 - 7 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 11 Jan - 29 Mar.

PHYSICAL FUN

Go4goals Midlands Ltd

Kingsley School Playing Fields, Sandy Lane, Leamington Spa, CV32 6RD. 07747 562469. www.go4goals.co.uk

Times: 9:00 - 9:40. **Ages:** 2 yrs - 3½ yrs.

Times: 9:00 - 9:40. **Ages:** 3½ yrs - 4½ yrs.

Times: 9:00 - 10:00. **Ages:** 4 - 6 yrs.

Times: 10:15 - 11:15. **Ages:** 6 - 13 yrs.

Cost: £4 per session (*booking essential*).

Dates: 11 Jan - 8 Feb & 1 Mar - 29 Mar.

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB.
01926 954979. www.zoogieboogie.co.uk

• **Zippping Zoogies (17 - 22 months):** 10:30 - 11:15.

• **Galaxy Explorer Combined (22 - 36 months):** 9:20 - 10:05.

• **Moon Crawler & Walker Combined (8-16 mths):** 11:35 - 12:20.

(*booking essential*). **Dates:** 11 Jan - 8 Feb & 1 Mar - 29 Mar.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.
07950 467796. www.swimworks.co.uk.

Times: 9:00 - 13:00. **Ages:** 0 - 5 yrs.

Cost: £14.50 per session (*booking essential*). **Dates:** 11 Jan - 29 Mar.

Water Babies Warwickshire

Thorns Community Infant School, Blackthorn Rd, Kenilworth,
CV8 2DS. 01926 940727. www.waterbabies.co.uk.

Times: 8:30 - 9:00, 9:00 - 9:30, 9:30 - 10:00, 10:30 - 11:00, 11:00 - 11:30
& 11:30 - 12:00.

Ages: 1 mths - 5 yrs. **Cost:** £18.50 per session (*booking essential*).

Dates: 11 Jan - 15 Feb & 1 Mar.

Water Babies Warwickshire

Core Gym, Bedford Street, Leamington Spa, CV32 5DT. 01926 940727.

Times: 11:00 - 11:30 & 11:30 - 12:00, 12:00 - 12:30 & 12:30 - 13:00,
13:00 - 13:30.

Ages: 3 mths - 5 yrs. **Cost:** £18.50 per session (*booking essential*).

Dates: 11 Jan - 15 Feb & 1 Mar.

OTHER

Rugby Mum2Mum Market

Ernsford Grange Academy, Princethorpe Way, Binley, CV3 2QD.
www.mum2mummarket.co.uk.

- **Nearly New Sales:** 11:00 - 13:00.

Dates: 8 Feb.

- **Nearly New Sales:** 11:00 - 13:00.

Dates: 15 Mar.

Cost: £2 per adult, kids go free.

SUNDAY

DANCE & DRAMA

tiny toes ballet warwickshire

Lillington Social Club, Lime Avenue, Lillington, Leamington Spa,
CV32 7DA. 07362431151. www.tinytoesballet.co.uk.

- **Twinkle Toes Group 1:** 9:15 - 9:55. **Ages:** 1½ yrs - 2½ yrs.
- **Twinkle Toes Group 2:** 10:05 - 10:45. **Ages:** 1½ yrs - 2½ yrs.
- **Talent Toes Group 1:** 10:55 - 11:35. **Ages:** 2½ yrs - 4 yrs.
- **Talent Toes Group 2:** 11:45 - 12:25. **Ages:** 2½ yrs - 4 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 12 Jan - 30 Mar.

PHYSICAL FUN

Wholesome Hedgehog Yoga

Little Light Studio, 61 Kelvin Road, New Cubbington, Leamington Spa,
CV32 7TG. 07842 160860. www.wholesomehedgehog.com.

- **Family Yoga:** 9:30 - 10:00.

Ages: 2 - 5 yrs. **Cost:** £8 per session (*booking essential*).

- **Family Yoga:** 10:30 - 11:30.

Ages: 4 - 10 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 5 Jan & 2 Mar.

Wholesome Hedgehog Yoga

The Basement Snug, 13 High Street, Kenilworth, CV8 1LY.
07842 160860. www.wholesomehedgehog.com.

- **Family Yoga:** 9:30 - 10:00.

Family Yoga for children 2-5 years and their families.

Ages: 2 - 5 yrs. **Cost:** £8 per session (*booking essential*).

- **Family Yoga:** 10:30 - 11:30.

Ages: 4 - 10 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 2 Feb.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.
07950 467796. www.swimworks.co.uk.

Times: 9:00 - 13:00. **Ages:** 0 - 5 yrs.

Cost: £14.50 per session (*booking essential*).

Dates: 12 Jan - 30 Mar.

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